

Concept of Health and Disease in Unani System of Medicine

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ABSTRACT

The essential structure of Unani arrangement of medication depends on profound philosophical bits of knowledge and logical standards. Means it is the Science by which the conditions of the human body with respect to wellbeing and disease are talked about and the design is to protect wellbeing and to re-establish it when it is lost. The word Unani is derived from Ionian, which is a Greek word. It means having information on different body conditions in health and illness. It is a Greek, Iran, Indian, and Arab medicine tradition, and Unani Medicine is based on knowledge and education of Roman physician Galenos and Greek physician Buqrat. Unani system of medicine is a Greek arrangement of medication dependent on the characteristics of four temperaments and four humors. Unani medication perceives the psychological, enthusiastic, profound, and actual reasons for ailment or wellbeing and accepts that every individual should assume liability for their own prosperity. Unani System of Medicine has a comprehensive approach for the treatment of diseases and also safeguarding of health. According to their tradition, every community has its concept of health and disease because health is a basic theme in all cultures. It is not only a matter of doctors and hospitals, but it is a fact of social justice. Human health is important in the Unani system, and physicians explained every aspect that is accountable for maintaining good health and wellness.

Keywords: Unani, Human health, Buqrat.

INTRODUCTION

The Unani system of medicine depends on scientific principles and philosophical understandings. There is an explanation of states of human body health and illness and preservation of health and how to restore the health when you lost it. The main point in the Unani System of Medicine is the preservation of health [1,2].

Ummor e Tabiya

The human body is composed of seven components known as *Ummor e Tabiya*. It is related to physics.

The seven factors are related to the existence of the human body and the maintenance of overall health. The loss of any component can cause a disturbance in the human body and lead to the disease, and in severe cases, it can also lead to death.

The seven components are:

- *Arkan* (It means fundamental parts of the body)
- *Mizaj* (Temperament)
- *Akhlal* (Humors)

- *Ada* (Organs of the human body)
- *Arwah* (Pneuma)
- *Quwa* (Powers)
- *Afal* (Functions of different parts of the body) [2-5].

Asbab Sitte Zarooriya

It means the causes that are responsible for the preservation of health and can cause diseases. Asbab Sitte Zarooriya has six basic factor causes, and these factors can affect the health of the human body [3].

The Six Factors are:

- Al-Hawa Al Muhit (It means atmospheric air)
- Al Makul-w-al-mashrub (It means eating and drinking)
- Al-Harkat-w-al-sukun-badni (It means physical activities)
- Al-Harkat-w-al-sukun-e-nafsani (It means mental health)
- Al-Naum w-al-Yaqzah (It means sleeping and waking)
- Al-Istifragh w-al-Ehtebaas (It means evacuation and retention)

Two conditions of the Human Body are explained by the Physicians

- Halat-e-Sihhat (Health)
- Halat-e-Marad (Disease)

Halat-e-Sihhat is a characteristic condition of the human body. The body performs all its functions properly, and the morphology of the human body is in good condition, and the individual is enjoying his life without any problem and disease [3].

Physical Factors related to Health

The real holism of the Unani system of medicine is that the human body functions well. If there is a change in the anatomy of the body occurs, then it can cause abnormalities and diseases. The physical factors related to health in Unani System of Medicine are:

- 1) **Basic Components and Health:** The basic components of the human body are Air, Earth, Fire, and Water.[4-8] These are primary components, and they are combined in a specific proportion, then a reaction takes place, which is known as temperament. Temperament is a new quality that forms intermixing, and it has its shape and structure [5-8]. According to the concept of the Unani system of medicine, morphological abnormalities and temperamental abnormalities are two basic constituents that are related to each other.
- 2) **Temperamental Health:** Every part of the human body has its specific temperament, which is responsible for the functioning and proper structuring of the human body. Every organ of the body performs its own specific functions, and any disturbance in the functioning of the organ can result in diseases. For example, the temperament of the liver is moist and hot, while the temperament of bone is dry and cold. The heart performs its own specific functions, and it can be disturbed by any internal or external factors [5-9].
- 3) **Humoural Health:** According to the concept of the Unani system of medicine, the fluids of the body are known as *Akhlal*,

which means humours. There are four types of body fluids;

- Blood (*Dam*)
- Phlegm (*Balgham*)
- Black Bile (*Sauda*)
- Yellow Bile (*Safra*)

Humours are the sources of diet for different organs and help them to structure and function properly [10-11].

- 4) **Pneumas and Health:** *Arwah* means gas or air, and one of the basic factors of the human body. Air is essential for the life of humans because humans cannot breathe without air. Many physicians established that *Ruh* is a substance (gaseous) whose primary source is air. When humans breathe, the air enters into the body and then in the respiratory system, and through respiration, it enters into the lungs where the exchange of gases takes place. Air is mixed with humours and blood in the lungs and then circulates in the whole body with the help of blood vessels, and there it is known as *rooh*.

DISCUSSION

Unani system of medicine is a holistic approach, and it describes the whole-body health and diseases. Recently, there is a change in the treatment of diseases according to modern medicine for the sake of the health of the human body. Unani system of medicine has its own effective methods towards health and treatment of diseases [3,9,11].

The Unani system describes every aspect of health and disease that how an individual stays away from diseases and stay healthy. Physicians in the Unani system of medicine need to take care of the patients and prescribe the medicines and treatment according to the disease. According to physicians of the Unani system of medicine, the balance of body fluids is known as four humors, and these are essential for good health.

The Unani system of medicine is that the diseases caused by water, fire, air and earth and these elements are found naturally. According to Unani system, these elements have an impact on human health.

Unani medicine is made with herbal formulas, and medicines contain natural ingredients. The Unani system is occasionally called *Hikmat* or *Unani-Tibb*. The fundamental information on Unani medication as a recuperating framework was gathered by Hakim Ibn Sina (known as Avicenna) in 980 ce in Persia. Consequently, Ajmal Khan, who was brought into the world in India in 1864, is by and large recognized to be the main 20th century supporter of Unani medication in India [12]. The unani system for diseases diagnosis and treatment restoring health, revolves round the theory of temperament or 'Mizaj'. The humours moreover have specific temperament. Changes in temperament are related to changes in the wastefulness of humours. Any transpiration in temperament brings well-nigh transpiration in the health of the individual. Thus imbalance of the harmony of humours and temperament withal with failure of one or increasingly parts of the soul to eliminate pathogenic waste causes disease [9].

CONCLUSION

In the Unani system of Medicine, there is a focus on the whole-body system and health. There is a prescription present of how to treat a specific disease or specific organ. The main point of this system of medicine is to preserve health before the treatment of diseases. Preservation is related to the hidden innate powers of the human body, and it is called *Tabiyat*. There are factors of *tabiyat* which are the source of health, and disease and hidden innate power help to maintain the health of the humans by maintaining the important factors.

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