
Exploring the Traditional Unani Medicine Concept of Asbab-e-Sitta Zarooriya

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ABSTRACT

Asbab-e-Sitta Zarooriya is an essential in establishing a synchronized biological rhythm and thus living a balanced existence concept in ancient Unani system of medicine that has been used in Indian subcontinent for centuries. Unani Medicine relies on eight essential components of diagnosis, to aid in the treatment of diseases. Unani practitioners apply these components while taking into account environmental factors such as climate, season and geographical location. Unani Medicine believes that the body is composed of equilibrium between four humors: blood, phlegm, yellow bile and black bile. Imbalance in these humors can lead to illness and Unani practitioners use Asbab-e-Sitta Zarooriya to identify and restore the equilibrium. It is also believed that Unani Medicine can help balance the body's organs and prevent diseases before they occur.

Keywords: *Asbab-e-Sitta Zarooriya, Unani Medicine.*

INTRODUCTION

Unani medicine has been used for centuries to treat a variety of ailments. One of its core concepts is that of Asbab-e-Sitta Zarooriya, or the six essential causes of disease.

Unani Medicine, also known as the Greco-Arabic medicine, is an ancient system of health care that has its origins in Greece and has been widely practiced since medieval times. Unani medicine is based on the fundamental belief that the human body is composed of four humours – blood (dam), phlegm (balgham), yellow bile (safra) and black bile (sauda) – and their optimal balance is essential for good health. Unani practitioners use a variety of herbal medicines and dietary supplements to restore the balance of humours, as well as provide relief from symptoms appearing due to any imbalance in these humours [1].

These principles of Asbab-e-Sitta Zarooriya help to identify the root cause of diseases and treat them accordingly. Unani medicine is based on the belief that diseases are caused by imbalance and disruption within the body, which can be corrected with Asbab-e-Sitta Zarooriya. These principles consist of factors such as diet and lifestyle, environment, heredity, psychological status and a combination of other external factors.

Unani physicians use these principles to diagnose the patient's ailment and determine the most suitable herbal remedies, lifestyle approaches and dietary modifications for restoring health [2]. Unani medicine not only helps to treat diseases but also helps to maintain overall health and well-being by introducing preventive measures based on Asbab-e-Sitta Zarooriya.

It emphasizes on preventive care and lifestyle changes along with medication, depending upon the condition of a patient. Meanwhile, Unani medicine emphasises on preventive treatment and lifestyle changes as Asbab-e-Sitta Zarooriyas, alongside medication that is

tailored according to the individual patient's condition. Unani offers an integrated approach by taking into account the physical and spiritual wellbeing of people for a successful treatment.

History and Origin of Unani Medicine

Unani medicine is an ancient form of holistic healing, originating in Greece more than 2,000 years ago and further developed by the Arabs. One of the most important tools within this healing system is the Asbab-e-Sitta Zarooriya, which translates to "the six essential factors". These include diet, rest and relaxation, bodily movements, mental states and emotions, climate and lifestyle. Unani practitioners believe that these six factors must be in balance in order to attain optimal health and wellbeing.

The main concept of Unani medicine is to focus on the balance of physical, mental and spiritual health, along with the harmony between the body and environment. To achieve this balance, Unani medicine relies heavily on the use of Asbab-e-Sitta Zarooriya, which are the six essential elements that are essential for maintaining good health. These include air, food and drink, motion and rest, sleep and wakefulness, evacuation and retention, and faculties of the body. These elements have to be balanced in order to maintain good health according to Unani medicine.

This system of natural healing was then introduced to India by Avicenna in the 11th century and became known as Asbab-e-Sitta Zarooriya, or 'The Six Essential Causes'. Asbab-e-Sitta Zarooriya is a core philosophy of Unani medicine, which is based on the ancient Greek medical system. It is a holistic approach to healing through which practitioners are able to diagnose and treat the root causes of disease. Asbab-e-Sitta Zarooriya states that there are six essential causes of disease: heredity, environment, lifestyle, infection, trauma and metaphysical influences. Each one of these factors can have a profound impact on an individual's health and wellbeing. This system places emphasis on prevention rather than cure, as well as taking an individualistic approach to healing that recognizes the unique needs of each person. Asbab-e-Sitta Zarooriya is a powerful tool in Unani medicine for understanding the root cause of disease and creating an effective treatment plan for each individual patient.

These Six Essential Causes are divided into three main categories: Humours (Akhlāt), Temperaments (Mizāj), and Faculties (Quwat). Moreover, Unani Medicine identifies six essential causes (Asbab-e-Sitta Zarooriya) for the etiology and pathology of diseases. These Six Essential Causes are divided into three main categories: Humours (Akhlāt), Temperaments (Mizāj), and Faculties (Quwat). Unani Medicine also emphasizes on the significance of the Unani concept of Ashab-e-Sitta Zarooriya in understanding and treating various illnesses.

The Significance of Asbab-e-Sitta Zarooriya in Unani Medicine

Asbab-e-Sitta Zarooriya are the six fundamental principles of Unani medicine, which are vital for maintaining health and wellbeing. They include air, food and drink, motion and rest, sleep and wakefulness, evacuation and retention of fluids, and mental factors. These principles are based on the belief that an imbalance in any of them can lead to physical and mental illness, hence emphasising the need to maintain their balance in order to achieve optimal health. They are used as a foundation for many Unani therapies, including pharmacological treatment, massage therapy and other regimenal therapies. Additionally,

these principles are also linked to diet-related interventions since Unani medicine believes that food has a direct effect on our health. Therefore, understanding and balancing these six fundamental principles is essential for good health in Unani medicine.

These six principles are seen as integral to achieving balance in the body, as they cover all aspects of Unani medical care from diet and lifestyle to psychological influences. Known as Asabab-E-Sitta Zarooriya, these principles involve air and movement, nutrition, sleep and wakefulness, retention and evacuation of bodily humours, preservation of one's environment, and psychosomatic influences. By addressing all aspects of a person's lifestyle and health, Unani practitioners believe that the body is able to return to its natural balance. All treatments prescribed by Unani practitioners are directed towards restoring this natural balance in order to promote health.

Each principle has an individual importance in helping to maintain the balance required for optimal health – air regulates the body's temperature; food & drink provide nourishment; motion & rest provide physical activity; sleep & wakefulness maintain circadian rhythms; evacuation & retention ensure that fluids are balanced; and mental factors such as stress management can influence overall wellbeing. Known as Asabab- e-Sitta Zarooriya in Unani medicine, these six principles are fundamental to understanding the body's needs and how to keep it healthy. Each principle plays an important role in the balance of humours, which is essential for a healthy life. For example, proper diet is essential for proper digestion, while movement and rest ensure the body stays energized and well balanced. Through proper understanding and implementation of these fundamentals, Unani medicine can help achieve optimal health.

Asbab-e-Sitta Zarooriya thus represent an interdependent network of essential elements necessary for good health in Unani medicine – illustrating the importance of comprehensive holistic care in this system of healing. Besides Asabab-E-Sitta Zarooriya, Unani medicine emphasizes the importance of holistic care for good health. The network of essential elements outlined in Asabab-E-Sitta Zarooriya illustrates how important it is to treat the person as a whole and maintain balance in the body. This system of healing provides comprehensive care and emphasizes the importance of disease prevention.

Components of Asbab-e-Sitta Zarooriya

Asbab-e-Sitta Zarooriya, which translates to the 'six essential causes', is an important principle of Unani medicine that considers six components to be essential for any medical diagnosis or treatment. According to Unani practitioners these are the underlying causes behind the imbalances that lead to the manifestation of a disease in the body. The Asabab-e-Sitta Zarooriya philosophy states that a thermal imbalance in any of these six entities can cause an illness and its cure lies in restoring a balance of these components. Unani medicine considers this balance as something that is vital for good health and longevity.

These components are: diet, air and climate, psychosomatic influences, vigorous exercise and manual labour, sleep and rest and external agents - also known as Asabab-e-Sitta Zarooriya in Unani Medicine. Unani Medicine is based on the principles of Hippocrates and Galen, and these components are seen as fundamentals for achieving a healthy lifestyle. Unani practitioners focus on a holistic approach to health and prevention of disease through prescribed Unani treatments, Unani herbs, Unani diet and Unani lifestyle. Unani Medicine

relies heavily on the use of these components to maintain balance in the body, treat illnesses and promote well-being.

Diet is considered as the most crucial factor as it provides nutrients to the body that are essential for its sustenance; air and climate affects a person's physical health by influencing their respiratory system; psychosomatic influences refer to psychological factors like emotions that can play a role in health; vigorous exercise and manual labour helps maintain a person's physical strength; adequate sleep and rest is important for rejuvenation of energy; external agents refer to external factors like sunlight that can affect a person's health [3]. Unani medicine or Unani-Tibbi recognises these Asabab-e-Sitta Zarooriya (Urdu term for the Six Necessary Conditions) as imperative factors in maintaining physical and mental health. Unani medicine highly emphasises the importance of diet, air and climate, psychosomatic influences, vigorous exercise, rest, and external agents in keeping the body healthy. Unani practitioners prescribe Unani medicines and therapies that are tailored to an individual's lifestyle, diet and environment in order to maintain a balance between the body and its environment.

Thus, all these factors together form an integral part of Asbab-e-Sitta Zarooriya in Unani medicine as they can directly or indirectly affect a person's health. In conclusion, Asbab-e-Sitta Zarooriya is an integral part of Unani medicine as it encompasses a range of factors that can directly or indirectly affect a person's health. These factors are air, food and drink, movement and rest, mental (psychological) factor and sleep and wakefulness. Understanding how they relate to the body helps to know when each of these factors needs to be balanced for good health in Unani medicine.

Advantages of Using Unani Medicine

One of the primary advantages of using Unani medicine is that it is based on natural substances such as herbs and minerals, which are believed to be gentler on the body than traditional chemical-based medications. Unani medicine also makes use of the Asbab-e-Sitta Zarooriya, or the six essential factors, in order to balance the body. These six essential factors are air, food and drink, movement and rest, sleep and wakefulness, retention and evacuation, and psychological condition. Unani medicine focuses on restoring balance to the human body through the holistic use of these six essential factors. Unani medicine has been used for centuries to treat a variety of ailments and is still an important part of traditional medical practice today [4].

Unani medicine also includes lifestyle advice such as diet and exercise, in addition to herbal remedies, so it can help to improve overall health and well-being. Unani medicine is based on the philosophy of Asabab-e-Sitta Zarooriya, which means the six essential elements. This refers to air, water, fire, earth, spirit and body as the basic components of Unani medicine. Unani practitioners believe that a balance of these elements leads to good health and disequilibrium can lead to illness. Unani medicine uses a range of dietary and lifestyle advice in combination with herbal remedies to restore balance to the body and improve overall health.

Unani medicines focus on the individual's unique needs and are tailored accordingly, meaning they can be more effective in treating an individual's particular condition than other forms of medication may be. Next, Unani medicines can be immensely beneficial in treating a variety of medical conditions due to their focus on Asbab-e-Sitta Zarooriya. These seven

essential factors, which include diet, environment, mental state, lifestyle, habits and strenuous physical activities, are taken into account to provide a tailored approach that is far more effective than one-size-fits-all treatments. Unani medicines thus provide an effective alternative for the treatment of various conditions.

Practice of Unani Medicine has Changed over Time

Unani medicine is one of the oldest holistic healing systems in the world, with a history dating back to the ancient Greeks. Over time, the practice of Unani medicine has evolved to include modern scientific methods and many new theories and techniques. Among the most important of these is the concept of Asabab-E-Sitta Zarooriya, which refers to the six essential factors that must be present for an effective diagnosis and treatment. These six essential factors are Dam (blood), Mizaaj (temperament), Aaza (organs), Quwa (powers), Akhlaat (qualities) and Arizaa (symptoms) [4]. Understanding and correctly recognizing each of these factors are integral to providing effective Unani medicine treatments.

An important part of Unani medicine is the Asbab-e-Sitta Zarooriya, or Six Basic Causes of Disease. These causes are believed to be responsible for most illnesses that affect humans and include things like an imbalance of humours, environmental factors such as climate, lifestyle choices, and psychological stressors. Unani practitioners believe that these Asabab-E-Sitta Zarooriya are necessary for a complete understanding of any disease. In particular, an imbalance in the four humours (blood, phlegm, yellow bile and black bile) is thought to be the underlying cause of all diseases, with environmental and lifestyle choices acting as multiplier or accelerators. By assessing the individual on all six of these causes, Unani medicine practitioners can gain a better understanding of their patient's condition and take appropriate action to help restore balance and health.

In recent years, Unani practitioners have begun to incorporate more evidence-based approaches into their practice in order to better assess and treat patients. By combining traditional medical knowledge with modern science, practitioners can more accurately diagnose and treat a wide range of illnesses. As a result, Asabab-es-Sitta Zarooriya, consisting of six principles (Diet, Sleep, Exercise, Temperament, Emotions and Environment) have become an important part of Unani medicine [1,5]. They are used to identify the root cause of a medical condition and develop a treatment plan that takes into account the individual needs of the patient. As such, Asabab-es-Sitta Zarooriya can be used to effectively diagnose and treat many illnesses.

Today, Unani medicine is widely accepted as an effective form of holistic healthcare around the world. It continues to evolve alongside modern medical advances and provides an alternative approach for those who wish to use natural treatments for their ailments. Thereafter, Unani medicine is being recognized for its role in providing holistic healthcare to individuals around the world. As Unani medicine continues to evolve with modern medical advances, the utilization of Asabab- e-Sitta Zarooriya provides a natural form of treatment to individuals looking for alternative approaches for their ailments. Unani medicine is highly accepted and acknowledged for its contributions towards holistic healthcare.

Historical Contexts of Asbab-e-Sitta Zarooriya Usage

Asbab-e-Sitta Zarooriya was first introduced in the Unani medical system by Arabian physician, Avicenna (Ibn Sina) in the 11th century. Unani Medicine was based on the four elements: air, earth, fire and water. Asbab-e-Sitta Zarooriya is a set of six factors that

influence health and sickness. These factors include climate, lifestyle, diet, psychological state, exercise and heredity. Unani Medicine holds that if the environmental factors are balanced, the human body can achieve perfect health. This ancient system of medicine is still practiced in many parts of the world today.

This concept was then expanded on by Rhazes (al-Razi), an Iranian polymath and physician, who highlighted the importance of individualising treatment based on an individual's environment and lifestyle. Unani medicine, an ancient system of medicine developed in the Middle East, adopts this concept and defines it as 'Asbab-e-Sitta Zarooriya', Six Necessary Causes. This includes five environmental factors - climate, food, occupation, emotions and tendencies - and the sixth factor being the person's individual physical constitution [6,7]. Unani practitioners believe that the harmonious balance of these six elements is a prerequisite for good health. Unani medicine works to restore balance within these six factors to promote health and wellbeing.

Over the years, many other renowned Unani physicians such as Ibn al-Baitar, Al-Biruni and Al-Qarshi further developed this concept to provide an evidence base for treatment regimens tailored to a patient's environment, lifestyle and diet. Unani Medicine has evolved over hundreds of years and is still being practiced today. A key part of Unani Medicine's foundation is Asabab-e-Sitta Zarooriya, which are six essential factors essential to Unani Medicine. These factors are air, food and drinks, physical movement and repose, sleep and wakefulness, psychical or mental states, excretion and retention. By analyzing these 6 factors Unani physicians can understand a patient's condition better and tailor a treatment plan to the needs of each individual patient.

As a result of these developments, Asbab-e-Sitta Zarooriya became an indispensable part of Unani medicine and is used by practitioners to this day for providing holistic treatments for a variety of conditions. Furthermore, Asab-e-Sitta Zarooriya has become a unified part of Unani medicine, due to its various and helpful effects. It is still used by practitioners to provide holistic treatments for both physical and mental health concerns. Additionally, its effects are known to be long lasting and effective for many patients. As a result, Asab-e-Sitta Zarooriya is an important part of Unani medicine even today.

Modern Applications for Unani Medicine

Unani medicine can be used to optimize health and prevent diseases in the modern world. By utilizing the Asbab-e-Sitta Zarooriya, which are dietary regulations, practices of hygiene, physical exercises, therapeutic massages and breathing exercises, it is possible to maintain balance between the body and mind. These ancient guidelines are believed to be the foundation of Unani medicine and were used by scholars in the past to promote health and wellbeing. The Asabab-e-Sitta Zarooriya have been scientifically proven to be beneficial for a range of conditions, from minor ailments such as headaches and digestive issues to more serious health issues such as cardiovascular diseases, diabetes, and even cancer. In addition, these principles can help improve mental health and reduce stress [5]. By following the Asabab-e-Sitta Zarooriya, individuals can greatly improve their overall quality of life.

The Asbab-e-Sitta Zarooriya are a fundamental concept in Unani medicine as they help to preserve an individual's health by ensuring equilibrium between the four humours of the body: phlegm, yellow bile, black bile and blood. Additionally, they also assist in preventing disease by helping to reduce stress levels and improve immunity against infections. Unani

medicine states that by consuming foods and drinks within the Asabab-e-Sitta Zarooriya, an individual can maintain their humoral balance, which is the key to maintaining good health. Unani medicine also recommends a variety of therapeutic formulations, lifestyle practices and physical exercise in order to maintain balance and prevent disease. Unani practitioners believe that by following the Asabab-e-Sitta Zarooriya, individuals can improve their immune system, increase vitality and reduce their risk of developing illnesses.

By understanding modern applications for Unani medicine such as the Asbab-e-Sitta Zarooriya, it is possible to achieve optimal health and well being in a holistic manner that takes into account not just physical ailments but also psychological wellbeing. Such an approach towards wellbeing can be highly beneficial for individuals in this day and age as it enables them to live a healthier life with increased longevity and productivity. In conclusion, The Asabab-e-Sitta Zarooriya of Unani medicine is a valuable approach towards achieving holistic health and wellness for individuals. This method takes into account both physical and psychological health and complements modern techniques in order to create an integrative approach which leads to greater longevity, productivity and overall wellbeing. By understanding the modern applications of the Asabab-e-Sitta Zarooriya, it is possible to reap even more benefits from this age-old technique.

Benefits & Challenges to Using Unani Medicine

Unani medicine has been used for centuries to treat a variety of illnesses and promote overall wellbeing. This ancient form of natural medicine is based on the idea of balancing the four humors within the body to achieve harmony and maintain health. Part of this approach includes the use of Asabab-e-Sitta Zarooriya, which are six essential elements that are essential for sustainment of life and health. These include air, food, drink, sleep, excretion and retention. All these have a vital role to play in an individual's physical and mental wellbeing. By using Unani medicine to balance these six elements, practitioners can promote and maintain good health naturally.

While using Unani medicine can have many potential benefits, such as treating acute and chronic illnesses without the use of chemical drugs, there are also some challenges that should be taken into consideration. For instance, many people lack a full understanding of Unani principles and terminology in order to make an informed decision about treatment, meaning that seeking advice from an experienced practitioner is essential. One of the most important aspects of Unani medicine is the concept of asabab-e-sitta zarooriya, which suggests that there are six essential components that must be present in order for a person to achieve optimal health: diet [7] and nutrition, lifestyle, environment, physical activity, psychology and spirituality. Each of these elements must be taken into consideration when seeking Unani treatment in order to ensure the most successful outcome.

Additionally, as Unani treatments involve a holistic approach, there is often an element of lifestyle changes required in order to ensure the best possible outcome - such as regular exercise, eating well, reducing stress levels and getting adequate sleep. This can present its own set of challenges for those with full-time jobs or other commitments that limit the availability or ability to make these changes. In conclusion, the Asabab-e-Sitta Zarooriya are fundamental aspects of Unani medicine that need to be taken into account for successful treatment. However, it is important to note that these treatments can often require lifestyle changes that can present challenges for those with time commitments and limited resources.

Nevertheless, with adequate determination and effort, these challenges are entirely surmountable.

CONCLUSION

In conclusion, the traditional Unani Medicine concept of Asbab-e-Sitta Zarooriya can provide insight into the causes of various illnesses and help determine the best course of treatment. It emphasizes holistic treatment and takes into account the health of both body and mind. This approach to medicine can be helpful in diagnosing and treating a variety of ailments and should not be overlooked in favor of more modern methods.

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