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## **Investigating the Role of Ilaj bil Tadbeer in Unani Medicine and its Impact on Modern Healthcare**

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### **ABSTRACT**

*Ilaj bil Tadbeer is an important concept in Unani medicine, which focuses on prescribing treatments based on the individual patient's unique circumstances, rather than relying solely on one-size-fits-all treatments. This system of personalized medicine is gaining increasing attention in modern healthcare, as studies suggest that patient outcomes can be improved by tailoring treatments to the individual. By investigating the role of Ilaj bil Tadbeer in Unani medicine and its potential impact on modern healthcare, there is a possibility of providing more effective treatments based on an individual's needs and circumstances. This would go a long way in improving the quality and efficacy of healthcare delivery worldwide. Understanding this approach can be adapted and incorporated into modern healthcare systems has the potential to revolutionize patient care by providing personalized, individualized treatments tailored to the unique needs and circumstances of each patient. Finally, Unani Medicine, particularly the approach of Ilaj bil Tadbeer, offers a unique and valuable perspective on modern healthcare. Understanding to Unani Medicine can inform and be incorporated into current healthcare systems can help to revolutionize patient care by providing treatments tailored to the individual needs of each patient. Unani Medicine is thus an important part of the larger healthcare picture, and may be a key component in continuing to optimize and advance modern healthcare practices and patient care.*

**Keywords:** *Ilaj bil Tadbeer, Unani Medicine, Modern Healthcare*

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### **INTRODUCTION**

#### **Understanding Ilaj bil Tadbeer in Unani Medicine**

Ilaj bil Tadbeer is a method of treatment used in Unani medicine, which relies on regimental therapies to cure diseases. It is based on the fundamental principle of restoring balance and harmony in the body. Unani medicine is an ancient system of medicine that has evolved from the Greek Hippocratic tradition. It focuses on the health and well-being of the individual, based on the four elements of earth, fire, water and air. Unani practitioners use diet, lifestyle changes and herbal remedies to restore health. Ilaj bil Tadbeer is one such form of Unani treatment that involves prescribing specific regimens designed to help stabilize the humours of each individual. This can involve dietary modifications, exercise, lifestyle adjustments, massage therapy and other natural forms of healing. The goal is to bring balance to the body by restoring its natural equilibrium [1].

These regimental therapies include dietary changes, lifestyle modifications, and physical exercises to bring about an improvement in the health of patients. The aim is to regulate and restore the equilibrium of the four humours in the body - Blood, Phlegm, Yellow Bile and Black Bile - which are essential for maintaining good health [1,2]. This regimental therapy is known as Ilaj Bil Tadbeer, which is a cornerstone of Unani system of medicine, a science that

dates back to ancient Greece. This regimental therapy also involves daily regimens such as exercise, massage, mental and physical hygiene, good nutrition and seasonal regimens like massage or cupping and restorative regimens. It has been found that these regimental therapies are particularly beneficial in curing chronic health conditions such as asthma, headaches, anxiety, depression and other mental ailments.

Through Ilaj bil Tadbeer, physicians can observe different life-style related changes can influence a patient's health condition and provide an individualized treatment plan tailored to each patient's specific needs and condition. This helps them identify what works best for each person on a case-by-case basis and delivers long-term benefits for better health outcomes. Similarly, Ilaj bil Tadbeer in the Unani system of medicine is a regimental therapy that takes a personalized approach to treating patients [3]. By following this method, physicians are able to observe a patient's response to life-style related changes and create an individualized treatment plan for them. This method helps find the best course of treatment for each patient, which leads to long-term health benefits and improved outcomes.

## **DISCUSSION**

### **Investigating the Origins of Regimental Therapies**

Regimental therapies are primarily an ancient form of Unani medicine, and can be traced to the Islamic Golden Age when physicians were developing holistic systems of treatment known as Ilaj bil Tadbeer (Regimental Therapy). These regimental therapies focus on non-invasive modalities such as lifestyle regimens, dietary regimens, cupping therapy [4] and other regimens that are designed to restore balance. Regimental therapies stem from the belief that a healthy body is one in balance and harmony, and any ingested medications should only be used if regimens are not enough to restore balance. The Unani system of medicine encompasses regimental therapies for promoting health, treating illness and restoring balance.

It is believed that these regimens are based on the ancient Greek and Arabic theories of humors and balanced dietary intake, as well as the use of herbs to treat imbalances in the body. Ilaj Bil Tadbeer or regimental therapies involve a system of regimens such as diet, exercise, medication and lifestyle changes that are tailored to each individual patient. The regimens prescribed seek to improve and balance the internal health and functioning of the human body by cleansing it of any disease-causing elements. In addition, regimental therapies also focus on strengthening the body's immunity and helping to reduce stress. By regaining harmony with nature and engaging in regimental therapies, a person can become healthier, more energetic and better able to cope with the challenges life puts forth.

Recent investigations into the origins of regimental therapies have revealed that they are likely a combination of traditional practices from many cultures and civilizations, which have been adapted over time to suit modern needs. Thus, regimental therapies such as Ilaj bil Tadbeer in the Unani system of medicine are products of centuries of adaptation, combining ancient traditions and practices with modern needs. The recent investigations into regimental therapies illustrate the power of adaptation and have woven these traditional elements into its regimental therapies to heal modern ailments.

### **Exploring the Scientific Evidence of Ilaj bil Tadbeer**

Ilaj bil Tadbeer or regimental therapies has been utilized for centuries in Indian culture for its healing benefits. This traditional form of medicine employs various treatments such as

dietary adjustments, exercise regimens, massages and other therapies to restore balance in the body and mind [1]. Ilaj bil Tadbeer emphasizes the individual need for specific regimens adapted to the particular constitution of the patient. This Unani system of medicine also does not rely solely on pharmacological treatments; rather it advocates for lifestyle changes and natural remedies to heal any illnesses or diseases. It is one of the oldest forms of holistic healing with a rich tradition that is still appreciated and respected today.

Recent scientific studies have started to explore the evidence-based scientific basis for the therapeutic effects of Ilaj bil Tadbeer, which may include improved immunity, cardiovascular health, and metabolism. Unani system of medicine relies heavily on the concept of Ilaj bil Tadbeer such as diet, cupping therapy, exercise, and massage. Unani system of medicine also involves the use of Unani herbs and Unani compounds to help restore balance in the body. This has been used for centuries to help treat a wide range of conditions. Unani therapies are believed to help improve overall health and immunity, promote cardiovascular health, and regulate metabolism. Unani practice also includes lifestyle counseling and advice on diet, exercise, sleep hygiene, stress management and preventive measures. Studies have shown that Unani therapy can positively impact an individual's overall health and wellbeing.

Numerous studies have shown that certain regimental therapies can be used to reduce inflammation, lower cholesterol and triglyceride levels, as well as improve cognitive functioning in patients with Alzheimer's disease. Ilaj bil Tadbeer has been found to be particularly effective in treating chronic diseases as it focuses on regimental therapies in order to restore body balance. As regimental therapies are considered the cornerstone of Unani medicine, they may help reduce medical costs and improve overall patient outcomes. Studies have shown that regimental therapies can be successfully used to treat a wide range of conditions, including Alzheimer's disease.

Further research is needed to understand the long-term effects and safety of Ilaj bil Tadbeer treatments on human health and further research is needed to understand the long-term effects and safety of Ilaj bil Tadbeer treatments on human health. With the worldwide rise in regimental therapies, it is important to properly assess the safety and efficacy of such treatments to ensure that they are beneficial for humans.

### **Examining the Benefits of Ilaj bil Tadbeer on Health Outcomes**

Ilaj bil Tadbeer incorporates a wide range of regimental approaches, such as dietary regimens, exercise regimens, detox regimens, and lifestyle regimens, to maintain balance and harmony in a person's life. The regimens are prescribed based on an individual's unique needs and health goals. Ilaj bil Tadbeer is based on ancient Greek medicinal principles and is used to treat a variety of ailments, including high blood pressure, digestive disorders, anxiety, and depression [1]. Its methods have been found to be effective in providing relief from the symptoms of many medical conditions and providing an overall improvement in quality of life.

These treatments are based on principles of balance and moderation, including eating a nutritious diet, avoiding over-exertion, getting adequate rest, and maintaining a regular exercise routine. These regimental therapies are often used as a preventative measure to promote overall health and wellness. It focuses on healing through several regimens such as the use of natural remedies, massage techniques, lifestyle modifications and dietary regimens. These regimens help the body to restore balance and equilibrium to heal faster and more

effectively. Ilaj bil Tadbeer also emphasizes on the importance of positive thinking and being stress-free to further aid in the healing process.

In addition to these benefits, Ilaj bil Tadbeer can also help to reduce the risk of developing other conditions, such as diabetes and cardiovascular disease, by promoting healthy lifestyle habits. All in all, Ilaj bil Tadbeer is a great way to maintain a healthy lifestyle and prevent the risk of developing certain conditions. With this holistic approach can benefit for both physical and mental health.

### **Analyzing Its Impact on Modern Healthcare Practices**

Ilaj bil Tadbeer, or regimental therapies, is an integral part of the Unani system of medicine and has been used in traditional healing practices for centuries. Its focus on promoting a healthy balance between four basic elements in the body — air, water, food and fire — has made it a cornerstone of modern healthcare practices. Through the Unani system, practitioners use various regimental therapies to improve the patient's overall health, including diet management and exercise, cupping- or diathermy treatments, physiotherapy, and other forms of natural medicine. These treatments are used to improve the body's balance between the four basic elements, helping to restore physical and mental well-being [5]. It is a holistic approach to healthcare that has been used for thousands of years and is still practiced today as an important part of Unani system of medicine.

The application of Ilaj bil Tadbeer allows practitioners to tailor their treatments to the specific needs of their patients, including lifestyle modifications such as dietary changes and exercise routines that can help prevent disease and promote overall well-being. Unani practitioners use therapeutic measures such as diet, lifestyle changes, and herbal medicines to treat a wide range of health problems and help people maintain their overall health and wellbeing. This form of medicine has been used for centuries and is still practised around the world today. Unani system of medicine can be used to treat chronic illnesses such as diabetes, asthma, and heart disease as well as acute issues like common colds and flu. Most Unani practitioners believe that the key to a healthy life lies in maintaining balance in our physical, mental and emotional states, rather than treating only the symptoms of a specific illness.

Additionally, studies have shown that Ilaj bil Tadbeer can be an effective complement to contemporary medical treatments, offering additional support for managing chronic conditions such as diabetes, hypertension and heart disease. By combining both traditional and modern techniques, healthcare practitioners are able to provide comprehensive care for their patients, Ilaj bil Tadbeer has been gaining traction in modern societies due to its potential to provide effective complementary treatments to contemporary medical practices. Research has found Ilaj bil Tadbeer to be a great help in managing chronic conditions such as diabetes, hypertension and heart disease. By combining Unani system of medicine with more traditional methods, healthcare practitioners are able to provide comprehensive and holistic care for patients.

### **Comparing Unani Medicine and Other Regimental Therapies**

Unani medicine focuses on regimental therapies such as dietary changes, exercise, and other lifestyle adjustments. Unani's holistic approach considers all aspects of the body, including physical, mental, emotional and spiritual health [1,6]. Unani uses a variety of herbs and minerals to treat illnesses, with a focus on Ilaj bil Tadbeer (“Therapy by Regimen”). Unani physicians believe that the root cause of all illnesses is an imbalance in the four basic

elements: earth, water, fire and air. Unani therapeutics is based on restoring this balance through proper exercise, diet and lifestyle habits.

When compared to other regimental therapies such as Ayurveda, Unani medicine places greater emphasis on diet, lifestyle changes, and herbal remedies as a first-line approach. Unlike some modern medical protocols which focus on treating symptoms with pills and other medications, Unani emphasizes identifying underlying causes of illness and treating them at their source, thus using *Ilaj bil Tadbeer* (Therapy through Regimens) to prevent, manage, or cure illnesses. With this approach, Unani system of medicine tackles all aspects of health, which includes the physical, psychological and spiritual elements of our selves.

Lastly, although there are some similarities between Unani and other regimental therapies, such as the belief in natural healing processes, the two systems take different approaches to addressing health issues. For instance, Unani tends to focus more on purification and detoxification through diet, exercise and herbal remedies while Ayurveda focuses more on balancing three doshas or “energy types” to achieve holistic health. Thus, *Ilaj bil Tadbeer*, as a form of regimental therapy, has some similarities to other systems of medicine such as Ayurveda. Both believe in the power of natural healing processes. However, Unani takes a different approach in regards to health issues, emphasizing on purification and detoxification through diet, exercise and herbal remedies. Meanwhile, Ayurveda focuses more on balancing three doshas or “energy types” for holistic health.

### **Evaluating Popular Misconceptions about *Ilaj bil Tadbeer***

It is often said that *Ilaj bil Tadbeer* is ineffective, difficult to practice and requires considerable lifestyle changes. However, evidence suggests that it can be a safe, natural and effective way to manage certain health conditions when followed as prescribed. Regimental therapies, as outlined in the Unani system of medicine, are used to restore balance and health to the body by addressing physical, mental and emotional issues. These regimental therapies include dietary regimens, detoxification regimens, exercise regimens and lifestyle regimens that involve activities such as exercise, meditation and massages. By following these regimens religiously, it is possible to not only maintain good health but also prevent disease or enhance general wellbeing.

Properly prescribed regimental therapies such as diet modification, physical activity, sleep patterns and detoxification processes are integral components of *Ilaj bil Tadbeer*. These therapies serve to restore balance in the body and have been shown to improve overall health when combined with Unani system of medicine treatments. Unani views the body as being composed of four basic elements - air, fire, water, and earth - and Unani treatments are designed to bring the body back into balance with its environment. Unani medical practitioners employ herbal remedies as well as counseling, massage, dietary modifications and physical activity to restore a patient’s health. When combined with *Ilaj bil Tadbeer* regimental therapies such as diet modification, sleep regulation and detoxification processes, Unani treatments have been proven to be extremely effective in restoring overall health and well-being.

Despite its efficacy, *Ilaj bil Tadbeer* should not be used as a replacement for conventional medical treatments or diagnosis; rather, it should be used in conjunction with other treatments to ensure best possible results for the patient. Similarly, Unani system of medicine through *Ilaj bil Tadbeer* should not be used as a solo treatment or a substitute for conventional

medical practices. The Unani system is an effective regimental therapy and its therapeutic benefits can be enhanced when used along with other treatments prescribed by doctors [7]. Therefore, Unani should be used in combination with other treatments to ensure the best possible results for the patient.

### **Discussing its Place in Contemporary Alternatives to Mainstream Healthcare**

Unani Medicine is a form of alternative healthcare that has been practiced for centuries in various Middle Eastern and Asian countries, but has grown in popularity within the West due to its holistic approach to treating illnesses and preventing disease. Through regimental therapies and the use of natural herbs, the Unani system of medicine is based on the traditional concept of four humors and their balance to maintain health and treat various ailments. Its core principles include *Ilaj bil Tadbeer*, which means treating with regimens and diets, and *Ilaj bit tebiyat*, which means treating with medicines. Various regimens such as diet, exercise, massage therapy and cupping therapy are used to maintain health in the Unani system [1]. Herbal medicines are prescribed to treat diseases; these medicines may be in the form of powders, decoctions or pills. The Unani system is able to provide natural remedies for a wide range of conditions, making it a popular form of alternative healthcare for people around the world.

Unani Medicine offers a comprehensive treatment plan composed of lifestyle modification, dietary changes, physical regimens and herbal remedies. All of these components are used to address the underlying cause of an illness or condition, instead of just the symptoms. This approach is known as *Ilaj bil Tadbeer* and has been recognized as an effective form of regimental therapy by Unani System of Medicine. *Ilaj bil Tadbeer* uses diet, exercise, and herbal medicine to promote overall health and wellbeing, with the goal of targeting the root cause of a condition or disease. Additionally, the use of preventive measures such as lifestyle modifications is highly recommended in order to prevent future illnesses and maintain good health.

*Ilaj bil Tadbeer* (Regimental therapies) plays an important role in Unani Medicine, which can involve treatments such as cupping or massage as well as psychological therapies that focus on mindfulness, meditation and cognitive behavioral techniques. Unani system of medicine has been practiced in India for thousands of years and is based on a holistic approach to health and wellbeing, with the intention of restoring balance in mind, body and spirit. Unani Medicine looks at the patient as an individual, considering all aspects of their physical, psychological and spiritual health. *Ilaj bil Tadbeer* is seen as a fundamental part of Unani Medicine and can involve different types of treatments to restore balance according to the individual's needs. These may include dietary advice, lifestyle changes, detoxification therapies and physical therapies such as cupping or massage [1,7]. Additionally, Unani practitioners often use psychological therapies such as mindfulness, meditation and cognitive behavioral techniques which help to bring awareness to unhealthy thoughts, feelings and beliefs that could be contributing to imbalances in heal.

As modern science recognizes more and more benefits from incorporating holistic approaches into traditional healthcare practices, Unani Medicine stands out as an attractive alternative for many patients seeking to address chronic conditions or prevent illnesses for the long-term. Besides Unani system of medicine, *Ilaj bil Tadbeer*, or regimental therapies, are another one of Unani's approaches that are gaining traction in modern healthcare. These treatments focus on restoring balance to the body through the use of lifestyle and

environmental changes designed to optimize the body's natural healing and self-repairing capabilities. Unani Medicine offers an attractive alternative for those looking for a long-term approach to an improved state of health.

### **Exploring Results from Recent Clinical Studies of Ilaj bil Tadbeer**

The recent clinical studies of Ilaj bil Tadbeer have shown some promising results in terms of its effectiveness as a regimental therapy. For example, the study showed that patients who underwent Ilaj bil Tadbeer experienced significant reductions in their symptoms after a period of treatment. It is based on the notion that the body has natural healing power and involves certain therapeutic measures like diet, physical exercise, massage and other procedures to stimulate and balance body functions [1]. The regimental therapies are seen to offer natural remedies without any side-effect and may also help with psychological disorders such as depression, anxiety, insomnia etc. Patients having chronic or acute health problems can benefit from Ilaj bil Tadbeer by restoring their physical skills and emotional well-being.

Furthermore, the study also showed that Ilaj bil Tadbeer was more effective than other regimental therapies in treating certain conditions such as hypertension and diabetes. This suggests that Ilaj bil Tadbeer may be a viable option for those seeking to manage chronic medical conditions. These regimental therapies are aimed at restoring and maintaining balance in the body. Ilaj bil Tadbeer is particularly effective in treating conditions such as hypertension and diabetes as it helps improve circulation, increases immunity and promotes overall health.

### **CONCLUSION**

Ilaj bil Tadbeer is an important facet of Unani medicine, which focuses on healthcare through natural and individualized remedies, tailored to the patient's needs and lifestyle. This traditional medical system, believed to have been practiced since ancient times, is based on an attempt to restore balance between the body, mind and spirit. Modern healthcare has embraced Unani medicine for its holistic approach and emphasis on natural remedies. Clinical trials conducted in recent years have revealed that Unani treatments can be beneficial in treating a number of conditions such as diabetes, arthritis, asthma and hypertension. The science behind Ilaj bil Tadbeer is not yet fully understood, but further research is being conducted to explore its potential benefits for modern healthcare. By understanding the principles of Ilaj bil Tadbeer, healthcare practitioners can develop more effective treatments that put the patient first and aim to address the root cause of their health issues. However, understanding and implementing the principles of Ilaj bil Tadbeer in Modern Healthcare is essential for delivering effective treatments that address the root cause of health issues. This traditional Unani medicine practice focuses on providing holistic healing that puts the patient's overall wellbeing first and can be used to complement other conventional forms of treatments.

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