Unani system of medicine

- This system is also called as **unani-tibb** or **yunani medicine**.
- Roman scholar **GALEN (129-200 AD)** stabilized the foundation of this science.
- It is developed by arab and persian physician

1. **RABBAN TABARI (725-890 AD),**
2. **AL-e-RAZI (865-925 AD)**
3. **IBN -e-SINA (980-1037 AD)**

- They raised Unani System of Medicine to the great heights
- They all wrote a book "The canon of medicine"

Unani medicine in India:

- The first Unani physician who came to India was from Afghanistan (Herat).
- His name was **Hakim Diya Uddin**. He entered the Court of Khusrow Malik – the Ghaznawi ruler at Lahore in 1160 CE.

PRINCIPLE OF TREATMENT

- The system is based on two theories such as:
- 1] The **Hippocratic theory** of **four humours**. The four humours are

1. Phelgm (balgham)
2. Blood (dam)
3. Yellow bile (bafra)
4. Black bile.(sauda)

2] **Pythagorian theory** of **four proximate** qualities.

- The four qualities are the states of human body like
  1) Hot 2) cold 3) moist 4) dry.
- These are represented as earth, water, fire , and air.
- Finally, each humor was associated with certain qualities

• Black Bile: Cold and Dry

• Blood: Hot and Moist

• Phlegm: Cold and Moist

• Yellow Bile: Hot and Dry

- If it was a fever--a hot, dry disease--the culprit (unwanted) was **yellow bile**. So, the doctor would try to increase its opposite, **phlegm**, by prescribing cold baths.

- If the **opposite** situation prevailed (as in a cold), where
- There were obvious symptoms of excess phlegm production, the regimen would be to bundle up in bed and **drink wine**.

Diagnosis:

- The Greek ideas were put by arabian physicians as seven working principles

1) Elements (Arkan)
2) Temperaments (Mizaj)
3) Humours (Akhlats)
4) Organs (Aaza)
5) Spirits (Arawh)
6) Faculties (Quo)
7) Functions (Afal)

- All these factors are taken into account before diagnosis and prescribing treatment.
- The diseased condition is considered to be due to the imbalance between humours and accordingly treatment is given.
- Diseases are mainly diagnosed with the help of **pulse (nubz), physical examintion of the urine and stool.**
- The Unani system of medicine aims at treating **the cause of the disease and not its symptoms.**
- For this purpose, history of the patient is recorded in addition to his pulse, urine, stool examinations.

<u>TREATMENT:</u>

- Diseases are treated in the following ways:
- **1) Ilajbil Tadbeer (Regimental Therapy) :**
- It includes various drugless regimens for treatment of ailments that are exercise, massage, hamam (Turkish bath), Douches (cold and hot) and regimen for geriatrics.

2) Ilajbil Ghiza (Dietotherpy): Different diets are recommended for patients of different diseases.

3) Ilajbil Dava (Pharmaco therapy) :

- It involves the treatment of cause of the disease due to environmental factors or imbalance of humours through

a) Drugs of opposite temperament to the temperament of the disease
b) Drugs of similar temperament as of the temperament of the disease.

4) Ilajbil Yad (Surgery)

UNANI DOSAGE FORM:

1.Safoof powder -Aristotle has been credited with discovery of safoof

Uses: Meant for external and internal use

2.Majoon +semi solid-This are prepared from the quiwam of white sugar or honey and a medicinal sufuf

3.Khameera

A type of majoon obtained by mixing decoction of drugs in a base made of purified honey sugar or jaggery

4.Jawarish

A type of majoon prepared by mixing coarse powder of drug to the base of purified honey.

5.Laooq

Means a linctus or lincture

6.Marham (semisolid)

Prepared by fine powder

The dried medicine are ground sieved through

mesh after which oil or wax are placed in a pan and warmed on fire

7.Sharbat

A sharbat is conc. Liquor which is made from decoction of fruit juice by addition of sugar

Homeopathy system of medicine

- Homeopathy is relatively a recent system of medicine. The word " Homeopathy" is derived from two Greek words , Homois meaning similar and pathos meaning suffering
- Homeopathy simply means treating diseases with remedies, prescribed in minute doses, which are capable of producing symptoms similar to the disease when they taken by the healthy people. It is based on the natural law of healing. "Similia Similibus Curantur " which means "Likes are cured by likes"

- **ORIGIN AND DEVELOPMENT:**
- Homoeopathy is a system of medical treatment introduced by **Dr. Christian Friedrich Samual Hahnenann**, a German physician.

- The **Founder of homoeopathy** was born on 10th April, 1755 at Meissen in saxony of Germany. He was basically a M.D Medicine allopathic doctor who turned in to Homoeopath. He Died on 2nd july 1843.
- he had spread a long and useful life of **88 years** during which he benefited the suffering humanity immense by introducing this new system of medicine.

• Definition & Meaning:

- Homoeopathy is a system of treatment (branch of medical science) works on the principle of ‘‘Similia similibus curenter’’. Means **like cures like** , further explanation is that patient & medicine symptoms are similar, it also called **LAW OF SIMILAR.**
- **FUNDAMENTAL PRINCIPAL OF HOMOEOPATHY**
- 1. Law of Similia
- 2. Law of Simplex
- 3. Law of Minimum
- 4. Doctrine of Drug proving
- 5. Theory of Chronic disease
- 6. Theory of Vital force
- 7. Doctrine of Drug-dynamization

1. Law of Similia:

- A **substance** which can **cause symptoms** in a healthy person can, in homeopathy’s non toxic micro doses, **stimulate cure** in **others suffering** with **similar symptoms** regardless of the cause.
- This fundamental principle is reflected in the name, ‘Homeo’ being Greek for ‘same’ or ‘similar’ and ‘pathos’ for ‘suffering’ , i.e., let like be cured by like or more commonly, like cures like.
- Similimum is the term for the remedy that **best matches** a patient’ssymptoms.
- e.g., the honey bee remedy Apis, gives us a powerful remedy for cases with edema, burning stinging pain, respiratory reactions.

2. Law of Simplex

- The second principle of homeopathy is The **Single Remedy**.
- Only **one homeopathic remedy** is given at any one time. It would be difficult, if not impossible, to ascertain the action of multiple homeopathic remedies given all at once.

- The response of the vital force would be unpredictable and ambiguous.

3. Law of Minimum Dose:

- The third principle of homeopathy is The Minimum Dose.
- This refers to the infinitesimal doses of medicine given as well as to the repetition of dose only when necessary.
- To curtail this problem, the homeopath administers the smallest possible dose so as to maximize beneficial effects and minimize side effects.
- Repetition of dose is determined by the individual's response to the remedy. Unnecessary repetition may lessen the response, even to the correct remedy.

4. The Potentized Remedy:

- The fourth principle of homeopathy is The Potentized Remedy.
- Homeopathic remedies, though made from **natural substances** such as plants, minerals, animals, etc., are manufactured unlike any other medicine.
- Through a process of **serial dilution a very dilute extract is made** with every step of dilution the remedy is **vigorous shaken**.

5. Theory of Chronic disease:

- After 30 years of homeopathy practice Dr. hahnemann realized that homeopathy failed to execute a real cure in some diseases.
- He intrigued him and made him reflect as to the possible cause of these failures.

6. **Theory of Vital force:**

- Medicines should have the capacity to arouse sufficient energy to maintain healthy body.

7. Doctrine of Drug-dynamization:

- Medicine should preserve the normal state of healthy body.

Diagnosis:

- The diagnosis is based on hereditary history and observation of mood, habits, skin, eyes, tongue, blood, urin etc. of patient

DOSAGE FORM

- Most people buy their remedies either as **lactose 'milk sugar' tablets** or **round pills** made from **sucrose**, which have been **impregnated** with a **solution of tincture** made from the remedy source.

- They can also be given in **powder** form **o**r in **tiny granules** which are popular for babies who have no teeth to crunch the tablets.
- Some remedies are available as **ointments to rub** on the skin
- Some are available as '**mother' tinctures**....made from the plant or mineral source. These can be mixed with water to make lotions for bathing, gargling or rubbing on the skin.