

## Unani Medicines: Nature's Mileage to Boost Up "Body Immunity" of Individuals with Musculo-Skeletal Disorders During COVID-19

Hilal Akhtar<sup>1\*</sup>, Md Wasi Akhtar<sup>2</sup> and Syed Zeba Husain<sup>3</sup>

<sup>1</sup>Assistant Professor, D/o Amraz-e-Jild wa Tazeeniyat, Allama Iqbal Unani Medical College and Hospital, Muzaffarnagar, UP, India

<sup>2</sup>Assistant Professor, D/o Moalajat, School of Unani Medical Education and Research, Jamia Hamdard, New Delhi, India

<sup>3</sup>Private Unani Consultants, Aligarh, India

**\*Corresponding Author:** Hilal Akhtar, Assistant Professor, D/o Amraz-e-Jild wa Tazeeniyat, Allama Iqbal Unani Medical College and Hospital, Muzaffarnagar, UP, India.

**Received:** March 08, 2021; **Published:** April 29, 2021

### Abstract

Unani medicine, also called *Unani Tibb*, is Perso-Arabic complementary system of medicine that began in ancient Greece but frequently practiced in south Asia and Central Asia and primarily in India now. It is principally founded on the doctrine of ancient Greek Philosophers Hippocrates (*Buqrat*) and Galen (*Jalinoos*). In Unani system of medicine, there is a unique concept of Medicatrix power (*Tabi'at* or *Tabiyat Mudabbira-e-badan*) that is essential for preserving the health and protecting the body from disease causing elements by promotion of health. According to Unani medicine, it is the supreme power of body which performs all the physiological task of the body, assist curing, and offer resistance against sickness naturally during Covid-19 pandemic. If it lost, body equilibrium disturbed and ability of our body to combats with diseases and restoration of health become fragile. Unani medicine (*Unani Tibb*) recognizes the influence of surroundings and ecological conditions on the state of human health during pandemic crisis. This system aim at restoring the equilibrium of various elements and faculties of the body. It has laid down six essential pre-requisites for the prevention of illness. These essentials are known as *Asbab Sitta Zarooriya*. The object of present study, during Covid-19 pandemic, is to lime light immunomodulatory effect of Unani drugs and role of *Asbab Sitta Zarooriya* in preservation of health by boosting body immunity, and how these factors are correlated with *Tabi'at* in maintenance of health.

**Keywords:** *Asbab Sitta Zarooriya; Covid-19; Medicatrix Power; Tabi'at, Unani Drugs*

### Introduction

Unani Medicine (*Tibb*) is the oldest existing traditional system of medicine that originated in ancient Greece but more frequently practiced in Indian subcontinents now. The term "*Yunani*" means Greek, as the Unani system of medicine was pedestal on the teaching of the immense Greek physicians Hippocrates (*Buqrat*) and Galen (*Jalinoos*). It addresses the maintenance of health, prevention and treatment of illness by using the pharmacotherapy (*Ilaj Bil dawa*), dietotherapy (*Ilaj Bil Ghiza*) and regimental therapy (*Ilaj bil Tadbeer*). Unani Medicine believe that Medicatrix naturae (*Tabi'at* or *Tabiyat Mudabbira-e-badan*) is the supreme power of body, which controls all the physiological task of the body, assist curing, and offer resistance against illness naturally during pandemic crisis. That's why; it is described by

the eminent Unani physicians in a vast ways. According to Unani Medicine "*Medicatrix naturae (Tabi'at)*, is an individual's internal power that performs all the necessary physiological functions to restores the optimal health and protect the human body from disease causing microorganism". It is said that the real physician (*Mualij*) is the *Tabi'at*, in case of illness and the job of the physician is only to assist it. The duty of *Tabi'at* is to keep the body in equilibrium and restoration of health by removing the disease causing elements from the body. It is a fact that many of our infections are cured only through the strengthen the *Tabi'at* without medical treatment such as minor cough, co-ryza, injury, musculo-skeletal disorders (fracture, dislocation, rheumatoid arthritis, gout) and Gastro-intestinal problems etc. It indicates that all the necessary functions related with the detoxification of body and restorations of health are performed by the *Tab'at* inside the human body. Therefore, it becomes clear that *Tabi'at* is the real power of human body that combats with the ailing conditions and when the *Tabi'at* is weakened, problems arise in the recovery of diseases. The power that works to protect the body from diseases has also been considered in modern system of medicine by the name of Immunity. The micro-organism (bacteria, virus, protozoa etc.) unable to enter in any person's body as long as immunity of his/her body remains powerful. When it weakened, disease-causing micro-organisms, those are already present in our environment, become able to enter inside the body through our eyes, nose, ears, oral cavity, trachea, GIT, skin and disturbs the body's normal physiological processes, quantity and quality of humors to produce different types of minor and major health issues [1,2].

Like other system of medical science, Unani medicine attempts to find the best possible ways by which an individual can lead a healthy life with least sickness. Unani physicians stipulates that incidence, severity and spread of diseases (including musculoskeletal disorders) may be prevented by strengthen the *Tabi'at* and it achieved by using the fresh and clean water, inhalation of fresh air and consuming the fresh food articles. It is the *Tabi'at* that maintained a sound equilibrium between mind and body to carry out the body metabolic process properly and evacuate the disease-causing elements from the body [3].

There are a number of musculoskeletal disorders that occurs when body unable to evacuates the harmful material out of the body under the influence of weakened metabolic process. As a result, these harmful materials accumulate in the body, disturbed the specific ratio of quantity and quality (*kammiyat and kaifiyat*) of humors (*akhlal*), weakened the *Tabi'at* and leading to different diseases such as gout (*niqras*), calcium metabolism problems and conditions related with immune system such as rheumatoid arthritis, multiple sclerosis, and polymyalgia rheumatic etc.

*Ali Bin Abbas Majoosi* in his famous book "*Kamil-us-Sana*" stipulated that noxious matter of gout (*madda-e-niqras*), when accumulate in the body, is accepted by the joints owing to their weakness and repulsed by the vital organs due to strong power. Likewise, rheumatoid arthritis occurs when immune system (*Tabi'at*) of our body fails to differentiate between self or non-self. It clearly indicates that under these circumstances body become helpless to deals with the diseases causing factors due weakened immunity power [4,5]. The immunity of musculoskeletal disorder individuals is already weakened by the pre-existing illness. Hence, it becomes necessary to defend and strengthen this *Tabi'at* to fight against the disease causing micro-organisms during Covid-19 pandemic.

The best probable ways of strengthen the health, especially during pandemic crisis, in Unani system of medicine is strengthen the *Medicatrix* power (*Tabi'at*) by practicing immunity enhancer drugs, maintaining an equilibrium in quantity and quality of humors (*akhlal*), restoration of balanced temperament (*Mijaz*), moderation of six essential factors (*Asbab-e-Sitta Zarooriya*) and adaptation of dieto-therapy and regimental therapy [6,7].

### **How to boost up immunity**

According to Unani System of Medicine, "*Asbab*" is a plural form of "*Sabab*" denoting precursor factors of disease and by its own have an ability, to produce a new state or maintain an old state in human body. *Asbab-e-Sitta Zarooryia*, a part of active cause (*Asbab-e-Faila*), are basically those essential factors of life without them life of humans is unbelievable (Figure 1) [1,8].

Unani Medicine pay attention on maintaining good health in a positive and individualized manner taking into consideration; age, sex, weathers, vocation, temperaments (*Mizaj*), geographical area, habits etc. Unani physicians have outlined the following ideology (*Usool*) to strengthen the Immunity (*Tabi'at*).

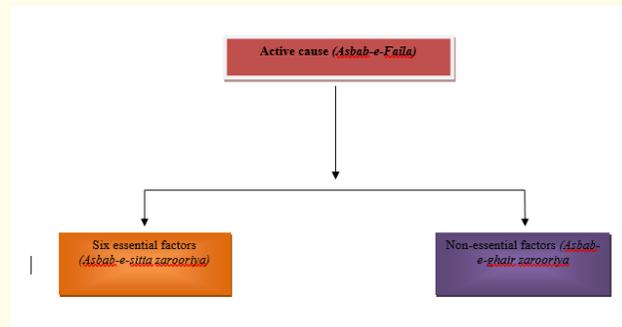


Figure 1: Showing the types of active cause.

### By follow the principles of six essential factors (*Asbab-e-Sitta-Zaruriya*)

**Explanation of six essential:** The word *Sitta* refer to six and because they essentially work on every human body is known as *Asbab-e-Sitta Zarooriya*. These factors play a significant role in restoration and preservation of health by strengthen the *Tabi'at*, if lost.

When all the six essential factors of life are in equilibrium, health is maintained; otherwise it requires some modification according to condition of patient [9].

Unani physicians described the effects of surroundings and environmental variations by the name of Six essential factors of life (*Asbab Sitta Zaruriya*). These are basically six in number and without them life of persons is unbelievable. These six essential of life play a vital role to preserve and restore the health through dietotherapy, regimental therapy and pharmacotherapy. The effects of these factors on body health are as follows:

- 1. Air (*Hawa-e-Muheet*):** To strength the *Tabi'at*, inhalation of pure air is must. For this purpose, air should be free from chemical, physical and organic contaminants. Avoid staying in air conditioner rooms for long duration as continuous contact with cold air for a longer time influence the organs of body and leads to abolition of vital heat. During the summer season hot air reached inside the body through respiration may leads to slight increase in heart temperature. This may increase the body temperature and blood circulation of extremities and skin, so the skin turn into red and hot in touch and this hot air deteriorate the innate moisture (*Ratoobat-e-Ghariziya*) and influence all organs of the body. The Unani physicians recommended the Fumigation (*Bakhur*) with combination of Sandal (*Santalum album*), Looban (*styrax banzion*) and Kafoor (*Cinnamomum camphora*) to purify the air of house at regular intervals [10].
- 2. Food and beverages (*Makul Wa Mashrub*):** Unani physicians advocate the use of nutritive, easily digestible food, seasonal fruits and vegetables to support the *Tabi'at* [1,11].
- 3. Bodily movement and repose (*Harkat-O-Sukun Badani*):** Adequate body movement produces heat in the body and support vital heat to carry out better body tasks. Movements also expel out the waste products produced during metabolic reactions inside the body because they are unsafe for the body and vital heat. The rest always generate cooling and moistening effect on human body. Hence excessive rest generates cooling (*Barudat*) and may leads to repression of vital heat and influences the functions of *Tabi'at*. According to Unani System of Medicine to assist the *Tabi'at*, there should be a balance between movement and rest of the body as per age, sex and individual condition [1,10].

4. **Psychic movement and repose (Harkat-O\_Sukun Nafsani):** The psychic movement and rest moves the blood and pneuma (Rooh Nafsani) interior or exterior of the body under the influences of different psychological situations like:
- Anger or extreme excitement suddenly moves the blood and pneuma towards the exterior of the body.
  - Happiness (*Lazzat*) produces slow movement of blood and pneuma towards the exterior of the body.

Unani scholars articulate that to maintain the mental health at optimum level, there should be a balance in emotional state by avoiding emotions like anger, grief, anxiety, and stress etc. and at the same time recommend the practice of meditation and stress relieving techniques to defend mental health [1,12].

5. **Sleep and wakefulness (Nawm-O-Yaqza):** According to Unani System of medicine, for maintenance of health a balance between sleep and wakefulness is also mandatory in moderate level. Normal sleep and wakefulness reinforce the *Tabi’at* by potentiate the vital heat [1,10].

Low protein intake may also weaken the immunity system. Our body produces protein during sleeping that help the body to fight against infection. For this reason, lack of proper sleep reduces the body immune defenses [13].

6. **Evacuation and retention (Istifragh-O-Ihtibas):** Evacuation denotes the excretion of unwanted substances out of the body because their retention produces adverse effect on vital heat and weakened the *Tabi’at*. In the same way, retention of normal and useful substance potentiates vital heat of body and *Tabi’at*. Therefore, it is clear that evacuation and retention must be in normal limit for a good health and strengthen the *Tabi’at* [1,10].

**Non-essential factors (Asbab-e-Ghayr Zaruriya):** Unani physicians also described some non-essential factors like massage (*Dalk*), Turkish bath (*Hammam*) to boost up body immunity [1].

**By immunity enhancer drugs:** The existence and use of immunomodulatory drugs is the unique features of Unani Medicine. Physicians have been using these drugs since ancient time to modulate the body immunity and improving the overall quality of life. A large figure of single drugs and compound preparation has been practiced since ancient time in Unani Medicine in which some lead on immunomodulatory property has been reported are as follows table1 and 2 [11].

S. N	Drugs Name	Botanical Name	S. N	Drugs Name	Botanical Name
1	Zanjabil	<i>Zingiber officinale</i>	11	Rehan	<i>Ocimum sanctum</i>
2	Asgandh	<i>Withania somnifera</i>	12	Rumman	<i>Punica granatum</i>
3	Amla	<i>Emblica officinalis</i>	13	Badranjboya	<i>Mellisa officinalis</i>
4	Gilo	<i>Tinora cordifolia</i>	14	Brahmi	<i>Bacopa monnieri</i>
5	Lahsun	<i>Allium sativum</i>	15	Badam Shirin	<i>Prunus amygdalus</i>
6	Anjeer	<i>Ficus carica</i>	16	Halela	<i>Termuinalia chebula</i>
7	Zafran	<i>Crocus sativus</i>	17	Gurmar	<i>Gymnema sylvestre</i>
8	Kalonji	<i>Nigella sativa</i>	18	Sibr	<i>Aloe vera</i>
9	Haldi	<i>Curcuma longa</i>	19	Musli Safaid	<i>Chlorophytum borivilianum</i>
10	Zaitoon	<i>Olea europaea</i>	20	Mulethi	<i>Glycyrrhiza glabra</i>

**Table 1:** Showing single immunity enhancer drugs.

S. N	Compounds Name
1	<i>Khamira Marwareed</i>
2	<i>Habb-e-Marwareed</i>
3	<i>Majoon-e-Falasefa</i>
4	<i>Jawarish Amla Sada</i>
5	<i>Tiryaq-e-Arb'a</i>
6	<i>Khamira-e-Gauzaban Ambri Jadwar Ood-e-Salib Wala</i>
7	<i>Khamira Abresham Hakim Arshad Wala</i>

**Table 2:** Showing the compound immunity enhancer drugs.

Amongst these single immunity enhancer drugs some possess the anti-inflammatory and analgesic properties, too [14] (Table 3).

S. N	Drugs name	Botanical name
1	Zanjabil	<i>Zingiber officinale</i>
2	Asgandh	<i>Withania somnifera</i>
3	Lahtsun/Sir	<i>Allium sativum</i>
4	Halela	<i>Terminalia chebula</i>
5	Haldi	<i>Curcuma longa</i>
6	Kalonji	<i>Nigella sativa</i>
7	Zaitoon	<i>Olea europaea</i>
8	Zafran	<i>Crocus sativus</i>
9	Rehan	<i>Ocimum sanctum</i>
10	Anjeer	<i>Ficus carica</i>

**Table 3:** Showing drugs possess immunomodulator, analgesic and anti-inflammatory properties.

#### General principles [11]:

- Stay away from drinking extremely cold water.
- Maintain good bowel habits.
- Perform moderate exercise.
- Take adequate sleep.
- Use *ginger, onion, garlic, kalonji, citrus fruits* in diet at frequent intervals.
- Take plenty of fluid.

### How to use the drugs [11]

- Prepare decoction (*Joshanda*) by boiling the Behidana (*Cydonia oblonga*) 3 gm, Unnab (*Zizyphus jujuba*) 5 pieces, Sapistan (*Cordia myxa*) 9 pieces in about 250 ml water until it lessen to half. Take sips as and when mandatory.
- Take Tulsi leaves (*Ocimum sanctum*) 4 parts, Darchini bark (*Cinnamomum zeylanicum*) 2 parts, Adrak/Zinger rhizome (*Zingiber officinale*) 2 parts, Filfil Siyah/Kali Mirch fruit (*Piper nigrum*) 1 part. Prepared *Joshanda* by boil all the medicines in 250 ml water until it reduces to half. Add sugar and lemon juice into *Joshanda* for taste and take sips as or when required.
- Use *khameera Marwareed* in the dose of 3 - 5 gm in morning and *Tiryaq-e-Arba Tiryaq-e-Wabaye*, in the dose of 3 - 5 gm with lukewarm water in the evening to enhance the body immunity (Avoid in diabetic patients). For diabetes patients advise Safoof-e-Asgandh (*Withania somnifera* powder) in a dose of 5 gm daily

### Conclusion

From above discussion it is cleared that how six essential affect the vital heat and how the *Medicatrix* power try to maintain optimal health and protect the body from diseases by keeping the body humors in equilibrium. It is the natural power that assists the body in curing and offer resistance against a number of illnesses. When it weakened, problems arise in the recovery of patients with musculoskeletal disorders as pre-existing conditions weakens the *Tabi'at* more which may leads to abrupt onset of a musculoskeletal disorders with very sever signs symptoms that may be lethal to patient life. So it is necessary to defend and strengthen *Tabi'at* to fight against the diseases by keeping the body fluid in equilibrium by practicing the principles of *Asbab-e-Sitta Zarooriya* and use of immunomodulatory drugs. Hence, fundamental knowledge of these six essential is very necessary for everyone to maintain body fitness and health and adopting a healthy life-style and staying healthy as long as possible.

### Acknowledgement

This work is completed with the constant support of Prof. Misbahuddin Siddiqi, D/o Moalijat, AKTC, AMU, Aligarh, UP, India.

### Bibliography

1. Humdani Hakeem Syed Kamal Uddin Husain. *Usool-e-Tib*. New Delhi: Idara Qoomi Counsil Bara-e-Farooq-e-Urdu Zaban (1998): 30-42.
2. Arzani Akbar. *Tibb-e-akbar* (Urdu Translation by Mohammad Husain). New Delhi: Re-print by Idara kitab-us-Shifa, (Originally Printed by Matba Munshi Naval Kishore Lucknow) (1903): 633-648.
3. Firdaus Sameena., *et al.* "An overview on six essential Pre-quisites of *Asbab-e-Sitta Zarooriya* in prevention of disease and its correlation with *tabiat*". *American journal of Pharmtech Research* 6.1 (2016): 25-39.
4. Majoosi Ali Bin Abbas. "Tarjuma Kamil-us-Sana (translated by Kantoori G.H.)". Lucknow: Munshi Naval Kishore (1989): 508-510.
5. Qamri Abul Mansoor-ul Hasan Bin Nooh. Ghina Muna Me-tarjuma-e-Minhajul Ilaj (translated by Hakeem waliullah Khan) (1255): 276-284.
6. kabeeruddin AM. "Tarjuma Wa Sharah Kulliyat-e-Qanoon". New Delhi: Idar-e-kitab-us-Shifa (1999): 151-154.

7. Kabeeruddin AM. "Tarjuma wa Sharah Kulliyate Nafeesi". New Delhi: Idar-e-kitab-us-Shifa 278 (2009): 424-427.
8. Qarshi HMH. "Jam-ul-Hikmat". New Delhi: Idara Kitab-us-shifa (2011): 229
9. Ahmad HIS. "Kulliyat-e-Asri". New Delhi: New Public Press (1983): 102-112.
10. Fateh Ali Tipo., *et al.* "Conceptual explanation of Asbab-e-Sitta Zarooriya (Six essentials) their effect on vital heat and human health, A Unani perspective". *International Journal of Physiology, Nutrition, and Physical Education* 4.1 (2019): 570-573.
11. <http://ccrum.res.in>
12. Arzani MA. "Ikseer-ul-Qulub (Urdu translation Mufarrih-ul-Qulub by Syed Afzal Husain). New delhi: Idara kitab-us-Shifa (2002).
13. [www.healthline.com](http://www.healthline.com)
14. Mohd Rafeequddin and Kanzul Advia Mufrida. "Aligarh: Aligarh Muslim University Press (1985): 77, 86, 93, 119, 373, 379, 385, 393, 472, 480, 614, 682.

**Volume 12 Issue 5 May 2021**

**©All rights reserved by Hilal Akhtar., *et al.***