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**Modern biochemical interpretation and clinical application of classical humoral theory of Unani medicine**

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As per Unani concept of humoral theory, there are four humors (Arabic-khilt) mixed in the blood stream. These are named as blood, phlegm, yellow bile and black bile. Proportion of these humors is responsible for homeostasis in health and pathogenesis in disease. The classical humoral theory of Hippocrates was subsequently modified and interpreted variously by different Greek, Muslim and Indian physicians and at present the concept has become so much confusing that modern medicine ridicules this theory as unscientific. But Author was surprised to see the scientific nature of humoral theory when he referred the famous text book of Unani system 'Cannon of Medicine' compiled by Avicenna, 1000 years back and which was taught in European universities for about 400 years. In the present paper discussion revolves round the word 'Khilt' which is an Arabic word and its near equivalent in English is 'humor'. The original word khilt cannot be translated exactly in English. Word khilt carries several connotation which are not expressed by the word humor. Author discusses these differences and justifies that concept of khilt was based on scientific basis. During time of Avicenna histology, biochemistry, anatomy and physiology were not so much advanced, but still description of khilt very much tallies with modern sciences specially biochemistry. Author discusses these similarities and put forwards a modern biochemical interpretation of humoral theory, which can be a useful tool in modern medicine for screening and treatment. As the word humor is not exact substitute of khilt, therefore the term modern khiltology is coined to designate the science of humors which is based on biochemistry but covers the field of genetics, embryology, anthropometry, evolution, environment, nutrition and exercise. Author concludes that classifying individuals with khilt is a convenient method for diagnosis, prophylaxis and treatment of various disorders.

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