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Some unani medicine views and their correlation in modern prospective

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At the foundation of Unani medicine is a theory of four humors (blood, yellow bile, black bile, phlegm). The theory states that every individual has a unique composition of humor by volume. That ratio forms what we call the 'temperament' in English or 'misaj' in Arabic. When this humor balance is disturbed, the body's homeostasis gets out of balance, leading to various diseases. The four senses of humor originate in the stomach and form the chyme. Our research finds a remarkable correlation between the ancient views of Unani doctors and the modern scientific understanding of the origins of the stomach pathogenesis. Understanding which stomach regions are affected before the symptoms occur may help prevent or cure the corresponding illnesses.

Our presentation will show:

1. How a particular stomach region relates to the origin of a specific humor;
2. How the stomach blood supply affects humor' formation;
3. Correlations between stomach regions and individuals' temperament (misaj);
4. Identification and treatment of abnormal humor implicated in different pathologies.

Treatment principles:

1. Simple imbalances are treated by normalizing humor qualities with either warming or cooling herbs;
2. Abnormal humors are treated by restoring them to original ratios. Complicated imbalances are treated by balancing one or more humor.

Biography

Yury Yuabov held a professorship position at the bioscience department of Tashkent Medical University since 1986. He started practicing Traditional Oriental Medicine over 25 years ago under the supervision of his mentor in Uzbekistan. He had received his MS in Acupuncture and Oriental Medicine from Tri-State College of Acupuncture and has published his research articles in more than 15 magazines.

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