

## Practice and teaching of Tibb (Unani medicine) in UK: Opportunities and challenges

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The last few decades have seen a resurgence of various forms of natural medicine and healing. Some of these long established traditions such as Ayurveda, Tibb (Unani medicine) and traditional Chinese medicine go back to thousands of years. Others such as Osteopathy and Reflexology are new. These diverse forms of natural medicine and healing are labelled together as complementary and alternative Medicine, CAM. Although there is a worldwide resurgence of CAM, however, this phenomenon is particularly noticeable with in Industrial societies of Europe and USA.

Resurgence of CAM is posing considerable challenges for these societies, policy makers, dominant Health care practitioners and pharmaceutical industry. These challenges become even more difficult to manage as many of the traditional medicine are from cultures of the East, with their own paradigms, healing methods and diverse materia medica.

There are different reasons put forward to explain the rise of CAM, such as:

1. "Western Medicine" is characterised by continuous rising health costs
2. Accompanied by a relative ineffectiveness of these interventions
3. It is de-humanizing for patients and practitioners

The dominant medical establishment including pharmaceutical complex continues to attack CAM of the grounds that it is:

- I. Unscientific
- I. Ineffective
- I. Unsafe
- I. Dangerous

The growth of CAM continues to rise within these societies. However, it is fascinating to note that the great majority of patrons and users of CAM and natural medicine are well educated members of these societies. This paper will explore key opportunities and challenges posed by these developments.

### Biography

Hakim M. Salim Khan is in practice and teaching since 1978. He is the Director for College of Medicine and Healing Arts UK; President of Guild of Naturopathic Iridologists and is a council member of IRCH. He is well respected for his work in traditional Unani Medicine and CAM. He is a published author.

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## Ayurvedic aspect of rabies and its management

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Rabies also known as hydrophobia is an acute, highly fatal 'Viral Disease' of Central Nervous System caused by Rabid Animal Bite that is transmitted by infected secretions. Most commonly, transmission to humans takes place through exposure to saliva during a bite by an infected animal. The rabies-related viruses from family Rhabdoviridae, with at least seven distinct types within the genus *Lyssavirus* are responsible for rabies. India is reported to have the highest incidence of rabies globally. The annual incidence of animal bite was 1.7%; it was more in children (2.5%) and 68% of them were males. Each year, an estimated 12 million people throughout Asia receive treatment after being exposed to animals that are suspected of rabies. Asia's annual expenditure due to rabies has been estimated to be more than US\$ 563 million.

Ayurveda is ancient science and rabies is mentioned under the heading of AlarkVisha. The list of infected animal by rabies, clinical feature of infected animal including human is quite similar but pathophysiology, method of prevention and cure is different. At present by using the concept of Ayurveda, it can be easily prevented by means of first aid just after bite. It can be also treated by giving anti rabies herbal drug (Agadpan) and purification (Tikshna Sanshodhan).

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