

Role of Unani medicine in the management of diabetic microangiopathies: Haemorrhological consideration

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Diabetes mellitus is such a complex disorder that affects the histological, biochemical as well as haemorrhological components of the body and its fluids, resulting from number of factors in which an absolute or relative deficiency of insulin or its function is usually present.

It has been observed that diabetes mellitus directly affects the haemorrhological properties in addition to other pathologies. All blood constituents viz. RBCs, WBCs, platelets and plasma are modified in such a way that they lead to hypoxia, acidosis, capillary damage and microvascular disease.

Haemodilution, the most vital measure to increase the fluidity of blood, is a way of rheological therapeutics which enhances the perfusion at multiple organ sites. This can be achieved by administration of various potential Unani drugs. This phenomenon also approves the concept of *Jila* in *Rooh* to healup the body and mind.

The aim of rheological intervention through Unani drugs is to improve the blood circulation under driving forces which has become stagnated due to either reason. This stagnation usually caused by rauleux formation, cell deformity and changes in viscosity. Unani drugs are reported to produce haemodilution which corrects the hypoxia, haematocrit, viscosity, cellular aggregation and rigidity to enable the microcirculation to be restored.

The paper deals in details, how the diabetic microangiopathies take place and by exploiting the repository of unani drugs the haemorrhological disturbances can be corrected, which is indispensable in the management of this conditions.

Biography

Shariq Ali Khan is a medical graduate in Unani Medicine (B.U.M.S.) with Hons. And is a Gold Medalist from University of Delhi. He did his post graduate M.D. (Medicine-Unani) from Hamdard University, New Delhi. He is working as Scientist-IV in Central Council for Research in Unani Medicine, Department of AYUSH, Ministry of Health & F.W., Government of India. He is an expert in Clinical Research and Bioethics. He has an experience of Applied Clinical Research of more than 28 years and teaching of Unani Medicine as faculty more than 07 years. He is a Fellow of ICMR-NIH (U.S.A.) on Bioethics. He is as Associate Expert on Bioethics for BBB, University of Duquesne USA. He has more than 20 publications in his credit in international/national journals. He has attended and presented scientific papers in more than 50 national and international conferences.

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