

Editorial Note on Alternative & Integrative Medicine: Unani Medicine

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Abstract

Unani drug is an antiquated arrangement of pharmaceutical that uses a wide mixed bag of routines for diagnosing and treating various restorative conditions. According to Unani reasoning the wellbeing and ailment of a man relies on the equalization of these humors in the body. They are Dam (Blood), Balgham (Phlegm), Safra (Yellow bile), Sauda (Black bile) stay in balance. Unani medicine includes similar theories and principles regarding the role of key elements including air, earth, water, and fire. Practitioners believe an imbalance in these elements results in disease. Treatments, which often include various herbal combinations, are aimed at rebalancing these elements.

Unani medicine is a system of alternative medicine that originated in ancient Greece but is now practiced primarily in India. Involving the use of herbal remedies, dietary practices, and alternative therapies, Unani medicine addresses the prevention and treatment of disease.

Keywords: Unani Medicine • Alternative

Principals

According to practitioners of Unani medicine, achieving a balance of the bodily fluids known as "the four humors" (blood, phlegm, yellow bile, and black bile) is essential to health. Another key principle of Unani medicine is that disease results from an imbalance in air, earth, water, and fire, four elements thought to comprise all that exists in nature, including the human body. In addition, Unani medicine is partly based on the principle that environmental conditions, including the quality of water and air,) can significantly impact health.

Treatments

In Unani medicine, conditions are often treated with herbal formulas containing a variety of natural substances. For example, a formula known as Khamira Abresham Hakim Arshad Wala contains such botanicals as:

- Saffron
- Cardamom
- Indian bay leaf
- Citron

Considered a tonic, Khamira Abresham Hakim Arshad Wala is said to enhance heart health and aid in the treatment of cardiovascular problems like high blood pressure and angina. Commonly prescribed treatments in Unani medicine also include dietary changes, leech therapy, and surgery.

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Research

Although recent scientific research on the health effects of Unani medicine is extremely limited, there's some evidence from animal studies that certain treatments used in Unani medicine may have some benefits.

Arthritis

Majoon Suranjan (an herbal formula used in Unani medicine) shows promise in the treatment of rheumatoid arthritis, according to one study. In tests on rats, researchers found that Majoon Suranjan (which contains ginger, aloe vera, and other substances) may help treat rheumatoid arthritis by reducing inflammation.

Cataracts

Another herbal formula used in Unani medicine, Kohl-Chikni Dawa may help protect against cataracts. In the study, diabetic rats demonstrated that treatment with eyedrops containing Kohl-Chikni Dawa helped inhibit cataract development. Along with glaucoma, cataracts are common among people with diabetes.

Brain Health

One of the formulas widely used in Unani medicine is Khamira Abresham Hakim Arshad Wala, a preparation that contains dozens of natural substances (including saffron, cardamom, Indian bay leaf, and citron). It may help prevent aging-related impairments in brain function, suggests a rat-based study published in the *Journal of Ethnopharmacology* in 2006. The study's authors determined that the antioxidant-rich formula may help preserve brain.

Side Effects

Certain treatments used in Unani medicine (such as certain herbal preparations) may be harmful to some people. Keep in mind that supplements haven't been tested for safety and dietary supplements are largely unregulated. In some cases, the product may deliver doses that differ from the specified amount for each herb. In other cases, the product may be contaminated with other substances, such as metals. While you face such risks when purchasing any dietary supplement, these risks may be of greater magnitude when you're

purchasing products that contain a variety of herbs in varying doses. Also, the safety of supplements in pregnant women, nursing mothers, children, and those with medical conditions or who are taking medications has not been established.

Related Journals of Unani Medicine

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