

Unani Medicine: A Traditional Therapeutic Approach

Adriana Oliveria*

Department of Nursing, Physiotherapy and Medicine, University of Almería, Almería, Spain

Introduction

Unani medicine is a traditional system of healing and health management used in South Asia. It is also known as Unani Tibb, Arabian medicine, or Islamic medicine. Unani medicine has its roots in the teachings of the ancient Greek physicians Hippocrates and Galen. The Unani medical system is both a healing art and a science. It views a person as a whole, rather than as a collection of distinct pieces. It aims to heal the body, mind, and soul.

This approach is based on the Hippocratic notion of the four humours, which are blood, phlegm, yellow bile, and black bile. The Unani medical system takes its name from the city of Unan, where it was developed. The method is based on research and includes a large number of Ayurvedic and Siddha medications. The early development of Unani was influenced by Arab and Persian elaborations on the Greek school of medicine by scholars such as Ibn Sina and al-Razi [1,2].

Description

During Alexander's invasion of India, Unani medicine interacted with Indian Buddhist medicine. There was a significant interchange of knowledge at the period, as evidenced by the similarities of the two systems' underlying conceptual frames. The medical legacy of mediaeval Islam was introduced to India in the 12th century with the foundation of the Delhi Sultanate, and it developed on its own throughout the Mughal Empire, influenced by Sushruta and Charaka's Indian medical teachings. The Unani System of Medicine treats disorders affecting all of the human body's systems and organs. Chronic skin, liver, musculoskeletal, and reproductive system diseases, as well as immunological and lifestyle issues, have been proven to be extremely effective and acceptable treatments. Unani medicine originates in Greece and is essentially based on the principles advanced by Hippocrates and Galen, two ancient Greek practitioners. Several Arab and Persian philosophers, including Ibn Sina, commonly known as Avicenna, added to the system over the years. Both the Bachelor of Ayurvedic Medicine and Surgery and the Bachelor of Unani Medicine and Surgery programmes include subjects that encompass modern medical and surgical practise [3].

In addition to institutes that teach traditional Indian medical methods in general, there are various Indian universities dedicated to Unani medicine. Bachelor of Unani Medicine and Surgery, Bachelor of Unani Tib and Surgery, and Bachelor of Unani Medicine with Modern Medicine and Surgery degrees

are among the undergraduate degrees awarded following completion of a Unani curriculum. There are only a few universities that provide post-graduate degrees in Unani medicine. The Central Council of Indian Medicine (CCIM), a statutory body created under the Department of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) in 1971, regulates higher education in fields of Indian medicine such as Ayurveda, Unani, and other traditional medicinal systems [4].

Conclusion

Unani medicine has a Hellenistic background in that it is based on the classical four humours: phlegm (balgham), blood (dam), yellow bile (afr), and black bile (saud'), but it has also been inspired by Indian and Chinese traditional systems. The Indian Medical Association (IMA) reported in 2014 that roughly 400,000 practitioners of Indian traditional medicine (Unani, Ayurveda, and Siddha medicine) were illegally practising modern medicine without the necessary qualifications; such activities are considered quackery by the IMA. Practitioners of any medical system, including Unani medicine, are not permitted to practise medicine in India unless they have received training at a qualified medical institution, are registered with the government, and are listed as physicians in The Gazette of India on a yearly basis [5].

Conflict of Interest

None.

References

1. Eslam, Mohammed. "MAFLD: a consensus-driven proposed nomenclature for metabolic associated fatty liver disease." *Gastroenterology* 158 (2020): 1999-2014.
2. Younossi, Zobair. "Global perspectives on nonalcoholic fatty liver disease and nonalcoholic steatohepatitis." *Hepatology* 69 (2019): 2672-2682.
3. Noureddin, Mazen. "Pathogenesis of NASH: the impact of multiple pathways." *Current Hepatology Reports* 17 (2018): 350-360.
4. Dufour, Jean-François. "Combination therapy for non-alcoholic steatohepatitis: rationale, opportunities and challenges." *Gut* 69 (2020): 1877-1884.
5. Kefala, Georgia. "Apoptosis signal-regulating kinase-1 as a therapeutic target in nonalcoholic fatty liver disease." *Exp Rev Gast Hepat* 13 (2019): 189-191.

How to cite this article: Oliveria, Adriana. "Unani Medicine: A Traditional Therapeutic Approach." *Alt Integr Med* 11 (2022): 381.

*Address for Correspondence: Adriana Oliveria, Department of Nursing, Physiotherapy and Medicine, University of Almería, Almería, Spain, E-mail: oliveria12ad@yahoo.com

Copyright: © 2022 Oliveria.A. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received: 07 February, 2022, Manuscript No. AIM- 22- 57282; **Editor assigned:** 09 February, 2022, PreQC No. P-57282; **Reviewed:** 14 February, 2022, QC No. Q-57282; **Revised:** 19 February, 2022, Manuscript No. R-57282; **Published:** 23 February, 2022, DOI: 10.37421/ aim.2022.11.381