

Unani Medicine

Poonam Bala tenaciously follows the developmental trajectory of medical pluralism in India with a keen eye to the dynamic social production of health and healing systems as social systems, practices, and technologies of power.

Unani medicine originated in Greek medicine (which was also a source for some of the Tibetan medical practices), and then adopted into Islamic medicine, and later become a major therapeutic method in India and Pakistan, rivaling Ayurvedic medicine. This article describes briefly its history of development with a focus on work done during the last century. One of the great contributors, Mohammad Said have written a book about Chinese herbal medicine, which is source of illustrations ITM has used for its Famous Chinese Doctors series on the internet.

The first contemporary translation of the 1,000-year-old text at the foundation of modern medicine and biology • Presents the actual words of Avicenna translated directly from the original Arabic, removing the inaccuracies and errors of most translators • Explains current medical interpretations and ways to apply Avicenna’s concepts today, particularly for individualized medicine • Reveals how Avicenna’s understanding of the “humors” corresponds directly with the biomedical classes known today as proteins, lipids, and organic acids A millennium after his life, Avicenna remains one of the most highly regarded physicians of all time. His Canon of Medicine, also known as the Qanun, is one of the most famous and influential books in the history of medicine, forming the basis for our modern understanding of human health and disease. It focused not simply on the treatment of symptoms, but on finding the cause of illness through humoral diagnosis—a method still used in traditional Unani

and Ayurvedic medicines in India. Originally written in Arabic, Avicenna's Canon was long ago translated into Latin, Persian, and Urdu, yet many of the inaccuracies from those first translations linger in current English translations. Translated directly from the original Arabic, this volume includes detailed commentary to explain current biomedical interpretations of Avicenna's theories and ways to apply his treatments today, particularly for individualized medicine. It shows how Avicenna's understanding of the humors corresponds directly with the biomedical definition of proteins, lipids, and organic acids: the nutrient building blocks of our blood and body. With this new translation of the first volume of his monumental work, Avicenna's Canon becomes just as relevant today as it was 1,000 years ago.

In *Unani Medicine in the Making*, Kira Schmidt Stiedenroth examines the contemporary institutions and practices of Graeco-Islamic healing in India. Drawing on interviews with practitioners, clinical observations, and Urdu sources, the book focuses on Unani's multiplicity, scrutinizing apparent tensions between the understanding of Unani as a system of medicine and its multiple enactments as Islamic medicine, medical science, or alternative medicine. Ethnographic details provide vivid descriptions of the current practices of Unani in India and invite readers to rethink the idea that humoral medicine is incommensurable with modern science.

Ultimately, the book also discusses the relationship of Unani with Muslim communities, examining the growing practice of Prophetic Medicine in Urban India and the increasing representation of Unani as Islamic Medicine.

A useful book on the Graeco-Arab medical system of 'Unani' based on the balance of the humours in the body. Also has an informative chapter on home remedies.

Unani is Greek medicine. It's foundations were laid by Hippocrates (460-377 B.C.) and Galen (131-210 B.C.), and it

owes its further development to the achievements of Arabic and Persian physicians such as Abu Bakr, Ar Razi (850-925 B.C.), and Avicenna (Abu Ali Ibn Sina) (980-1037), who, on the basis of Galen's and Hippocrates' works, created a harmonious medical system. Unani's theory of medicine is based on the concept of the four humors: blood, mucus, yellow and black bile. The initial equilibrium of humors determines a person's state of health, imbalance and disease. Basic concepts: Elements, Nature, Humors. The main treatment protocol is to restore the balance of humors, which uses natural medicines and methods. Currently, Unani, along with other types of alternative medicine, is widely practiced in the world. The effort set by the authors of this publication are: 1) to try to find a correspondence between Unani's provisions and the ideas of modern medicine; 2) to systematize the rich practical material accumulated by the authors, so that they can be used by specialists in their practice; 3) to interest in the methods and theoretical foundations of Unani's medicine by doctors who are unfamiliar with it.

Atherosclerosis (Salabate Sharaeen) is one of the commonest and most prevalent diseases of the world, its underlying pathologic process causes several cardiovascular and cerebrovascular complications. It is a well known fact that Hyperlipidaemia and Obesity are important risk factors for Atherosclerosis. Unfortunately, there is no convincing treatment available for the management of atherosclerosis in Modern system of Medicine. Therefore, search of safe and effective drug for its management is quite necessary. In Unani system of medicine, Habbe Aftimoon is being used for the management of various Amraze balghamia and saudawia, which include Salabate Sharaeen too, therefore this drug may prove useful in this condition.

Based on the ancient healing tradition from India that dates

back thousands of years, The Complete Book of Ayurvedic Home Remedies offers natural alternatives to conventional medicines and treatments with practical advice and easy-to-follow instructions. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. Lad first explains the principles behind the science of Ayurveda, exploring the physical and psychological characteristics of each of the three doshas, or mind-body types--vata, pitta, and kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate "state of balance" and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic remedies--herbal teas and formulas, essential oils, meditation, yoga--offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The Complete Book of Ayurvedic Home Remedies enables us all to experience the benefits of Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive guide to natural, safe, and effective remedies, everyday keys to a lifetime of vitality and well-being.

Handbook on Unani Medicines with Formulae, Processes, Uses and Analysis ASIA PACIFIC BUSINESS PRESS Inc.

A simple 120 pages ruled All Purpose Notebook with a

custom cover. Simple subtle gift idea

Principal Indian systems of medicine (Ayurveda, Sidha and Unani- Tibb) use natural products (plants, animals and minerals) as drugs. While medicinal plants have received considerable attention of the scientific community. The other two categories of natural products viz of animal and mineral origin drugs have not received the requisite attention as Original Sanskrit/Arabic/Persian sources are not easily assessable. This book is the first comprehensive work covering all aspects of this subject i.e. historical, classification, single drugs and compound formulations, calcined metal preparations (42 Bhasmas and 42 Kushtas), standardization alongwith a critical review of research carried out over the last fifty years. Many useful leads suggest immense potential for development on mineral/metallic drugs internationally and further global interest in alternative therapies and trace elements.

Japanese Kampo Medicines for the Treatment of Common Diseases - Focus on Inflammation provides researchers and clinicians with a current look at how Kampo medicines can be used to effectively treat inflammatory disorders. Japanese Kampo medicines are a mixture of natural and herbal medicines that are available in Japan for the treatment of various diseases. Given their therapeutic potential, they are often prescribed instead of, or alongside, allopathic medicines. Kampo medicines are becoming more widespread and have proven effective for the treatment of a variety of inflammatory diseases, such as colitis, dermatitis, myocarditis, hepatitis, cardiomyopathy, and nephritis. This book offers background on Japanese Kampo medicines, along with a compilation of the published scientific data for several different types of Kampo medicines. It is an evidence-based guide for all those involved in, or interested in, the research and practice of Kampo medicine. Includes both

preclinical and clinical data published from a variety of sources and compiled into one book Provides insight for researchers and clinicians on which Kampo medicines will provide the least side effects and offer the most effective therapy for a particular illness Offers important data that will help to inform future research and widen practice in this area This book is an attempt towards simplifying and reviving the subject of pulse examination as described in Unani system of medicine, for its better understanding. It also includes possible correlations between classical and conventional views about pulse and the theories governing the generation and changes in pulse waves. It is aimed at re-establishing the clinical significance of pulse examination.

This book is beneficial for the readers, especially for Medical historian, Researchers of natural medicinal drugs, Project on natural drugs and medical Scholars of all the system of Medicines. Second part of this book emphasized and written about the relevance of works done during Abbasid period and claims of Drugs used in diseases are confirmed scientifically by screening of pharmacological, antimicrobial and clinical studies.

Research into 'colonial' or 'imperial' medicine has made considerable progress in recent years, whilst the study of what is usually referred to as 'indigenous' or 'folk' medicine in colonized societies has received much less attention. This book redresses the balance by bringing together current critical research into medical pluralism during the last two centuries. It includes a rich selection of historical, anthropological and sociological case-studies that cover many different parts of the globe, ranging from New Zealand to Africa, China, South Asia, Europe and the USA.

Nature has blessed India with a vast variety of herbal and medicinal plants and shrubs that grows in

different climatic regions from the frozen Himalayas in the north to the tropical forests in the south. From times this immemorial rich beauty has been used in preparing herbal medicine to cure various disease and to promote a great repository of this knowledge, organized in the form of unani and ayurvedic herbal systems of medicine. The system has a mass following and world wide acceptability. UNANI was derived from the word IONIAN which indicates its origin to Greece TIBB means medicine. Unani system of medicine is a synthesis of Greek and Arab system. Unani physicians were the first to classify the disease on the basis of different anatomical and physiological symptoms of the body. Hippocrates (460-377BC) who firstly postulated the concept of disease is due to the imbalance of humors and hence emphasized on natural knowledge and hence freed Medicine from the realm of superstition and magic, and gave it the status of science. Arab physicians introduced unani pathy in India which took firm root in the soil soon. Unani pathy had its days in India during 13th and 17th century's .soon it spread all over the country and remained popular among the masses, even after the downfall of Mughal Empire. It got a set back during British rule but still remained in practice as it enjoyed the faith of masses. The unani pathy survived during British rule due to the efforts of the sharifi family in delhi.the Azizi family of Lucknow and the Nizams of

Hyderabad. Hakim ajmal khan (1868-1927) from sharifi family was an outstanding physicians and scholar of unani medicine kept the tempo high. Unani medicine, as is well known, based on the Hippocratic humoral theory. This theory supposes the presence of four humuors in the body viz: blood, phlegm, yellow bile and black bile. The mizaj of individuals are expressed by word damawi (sanguine), balghami (phlegmatic), safrawi (choleric) and saudawi (melancholic) according to the dominancy of the humour. Every person is supposed to have a unique humoral constitution which represents his healthy state and any change in this state causes illness of the said person. The severity of the disease depends directly upon the change in equilibrium from mizaj. There are three major quwa (faculties) which regulate human body viz. Quwwate nafsania (psychic faculties), Quwwate haivania (vital faculties) and Quwwate tabiyya (physical faculties). These quwa (faculties) are specific for a particular tissue or organ on which the specific functions of that organ depend. Quwwate tabiyya is concerned with taghzia (nutrition), namu (growth) and tawleed (reproduction) and jigar is considered uzwe raees (epicenter) of this quwwat. Quwwate haivaniya is concerned with tadbeer of rooh, which brings life to the part it supplies. Qalb is uzwe raees of this faculty. Quwwat nafsania is concerned with intellect, sensory and motor functions and dimagh (brain) is

supposed to be seat of this faculty.

Cosmetology, defined as study and application of beauty treatment, has been in practice since ancient times. Natural products involved in cosmetic formulations are becoming popular among the population owing to their safety and effectiveness. The present piece of work focuses on cosmeceutical preparations described in Unani literature regarding hair, skin and nails and is based on the literature from classical Unani texts, viz., Zakhira Sabit Ibn Qurrah, Kitab al Mansoori, Ghina Muna, Kamil Al Sana, Alqanoon Fil Tib, Zakhira Khawarzam Shahi, Haziq etc.

As an alternative form of medicine, Unani has found favour in India. These Unani practitioners can practice as qualified doctors in India, as the government approve their practice. Unani medicine is very close to Ayurveda. Both are based on theory of the presence of the elements (in Unani, they are considered to be fire, water, earth and air) in the human body. According to followers of Unani medicine, these elements are present in different fluids and their balance leads to health and their imbalance leads to illness. Government have exclusive department of Indian system of medicine inclusive of Unani under Health ministry and several states have department and institutions to ensure the proper regulation and development of Unani medicine in India. Herb gardens, nursery of

medicinal plants, experimental and field scale cultivation are the major initiatives taken for the improvement of medicine. Skin disease, liver disorder, sexual disturbances, pulmonary, sinus and communicable diseases are the major effective treatment achieved areas for Unani. Tremendous progress has been registered in the development of modern medicine. Yet, medicinal plants continue to be an important source of drugs throughout the world. Unani medicine is one of them, plant as a source of drugs of much more important for the developing countries. This book majorly deals with the, habitat, description, procedure and time of collection, chemical constituents, method of processing, therapeutic uses of medicinal plants. This book also constitutes the list of institutes of Unani medicines, list of college of Unani medicines in India, world importers of natural medicine. This publication is one of its kinds which clearly indicate the usefulness of Unani medicine, shows how the plant secrets, preserve the natural secrets/ hormones/ juices which ultimately uses in Unani system of medicine. This book is most informative and useful for students, Research scholars and scientist. We hope this book will achieve the long standing demand of herbal chemists.

Special Therapeutic Approaches and Treatment Modality in Unani Medicine, Ayurveda, CAM & Allopathic Therapies through Rectal Route &

Rectally Administered Drugs have Faster Absorption & Speedy Action

A good knowledge of research methodology is extremely important to conduct a scientifically sound research, and a valid research is essential for the development of every science, so does AYUSH systems of medicine. The movement of research in Medicine dates back to the times of its origin, when Greek Physician-Philosopher Hippocrates freed Medicine from superstitions, and presented it in the initial scientific form. Thereafter, the Roman Philosopher Galen stabilized the foundations of Hippocratic medical thoughts, on which the Arab and Iranian physicians like Ra?zi? and Ibn Si?na?, built an edifice and developed the system to great heights. Ibn S?n? laid down guidelines for clinical testing of drugs as early as in 11th Century. The scientific research in AYUSH Systems of Medicine was given a boost in India by a versatile genius, Masi?h? al-Mulk H?aki?m Ajmal Kha?n, in the 1920s. He spotted Dr. Sali?m al-Zama?n S?iddi?q?, a chemist, for undertaking chemical studies on some important medicinal plants, used in Unani System of Medicine. The present scenario of the AYUSH systems of medicine and its contribution to healthcare is very important to date. There are several areas, where traditional medicines are independently able to manage the diseases, such as skin diseases, liver diseases, GIT disorders, etc., but

scientific data of these claims are lacking. So, it is the need of the hour to explore and evaluate the AYUSH systems of medicine on internationally acceptable scientific parameters. For the purpose, a number of books are available in the market, but it is a very tough task for the newbies to understand the basics of research from these high-level books. This book is written in simple and palatable language, especially for the PG Scholars and AYUSH Researchers, who face difficulty in understanding the subject. The book deals with research and its types, research problem, hypotheses, research designs, and data collection, etc. with updated guidelines. We hope that the purpose of writing this book would be fulfilled and the Postgraduate Scholars, as well as other researchers, will find this book helpful in understanding the basics of Research Methodology. This book is intended primarily for medical students, interns, and general practitioners interested in improving their ability to deal with beauty care and ushering in this field. We have essentially chosen to present the theoretical as well as the practical aspects of cosmetology in order to approach the most appropriate strategies suitable for skin type in an abridged manner. Our primary goal is to provide our readers a better understanding of the subject enriched with Unani concept and therapeutic strategies.

This resource brings the unique theories and

traditions of Ayurveda alive so that they are accessible to the complementary health practitioner of today. This book offers a clear, accessible and yet detailed guide to Ayurvedic herbalism. It encompasses a brief history of the growth of Ayurveda, a discussion of its fundamental principles, treatment strategies as well as the energetic approach of traditional Ayurvedic herbal pharmacy and pharmacology.

This two-volume publication sets out information on traditional, complementary and alternative medicines, revealing people's belief in and dependence on different traditional health systems around the world. The map volume provides a visual representation of topics including the popularity of herbal/traditional medicine, Ayurveda, Siddha, Unani, traditional Chinese medicine, homeopathy, acupuncture, chiropractic, osteopathy, bone-setting, spiritual therapies, and others; national legislation and traditional medicine policy; public financing; legal recognition of traditional medicine practitioners; education and professional regulation. The text volume covers developments in this diverse and expanding field of medicine in 23 countries across the world, as well as overviews of the status in each of the six WHO regions.

This book discusses Asian medicine, which puts enormous emphasis on prevention and preservation of health, and examines how, in recent decades,

medical schools in Asia have been increasingly shifting toward a curative approach. It offers an ethnographic investigation of the scenarios in China and India and finds that modern students and graduates in these countries perceive Asian medicine to be as important as Western medicine. There is a growing tendency to integrate Asian medicine with Western medical thought in the academic curriculum that has led to a gradual decline of Asian medical thought and practices. At the same time, there has been a massive rise in patent drugs, health products and cosmetics being sold under the brand names of Asian medicine or herbal medicine. Most of these drugs and health products do not follow the classical formulas found in the Asian medical texts. The book analyses these texts and concludes that contemporary Asian medicine rarely follows the classical texts, and in fact uses Asian medicine brands to sell Western health products and practices. With a particular focus on the formal and professional sector of Chinese herbal medicine and Indian ayurvedic medicine in urban areas, this book appeals to a broad readership, including undergraduate students and academics as well as non-experts. Md. Nazrul Islam is an Associate Professor in the General Education Office, United International College, Beijing Normal University-Hong Kong Baptist University. He was a Visiting Associate Professor in the School of

Population and Public Health, University of British Columbia (2015-16) during which time he completed this book manuscript.

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