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RESEARCH ARTICLE

CONTRIBUTION OF UNANI MEDICINE IN HEALTH AND DISEASE: A REVIEW

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Abstract

Unani Medicine has done the great job for Health and disease. Although its contribution had started from 3000 BC but its scientific shape was given by Hippocrate. Herophilus, Erasistratus, Aristotle and many other Unani Atibba play very important role in the development of Unani Medicine. The world first institute of Unani Medicine was school of Alexandria which has also done a great job. In Rome this medicine started a military medicine first time in the world and also contribute in single drugs. But its golden era was in Arab world and Undulus from 700 AD to 1500 AD. Maximum research and development were happened in these periods. Many Atibba like Razi, Ibn Sina, Ibn Hitam, Isa Kahal, Abul Qasim Zahrawi and Ibn Nafie etc has done a great job. In India Unani Medicine is contributing from 12th century to till date continuously.

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Introduction:-

The founder of Unani Medicine was Asclepius first¹ in Greece around 3000 BC. The Father of Unani Medicine Hippocrate was from the family of Asclepius in his sixteen generation². Unani medicine had done the great jobs in Greece. The first school of Tib "Madersa Iskanderia" (School of Alexandria) was in Greece. From Greece tib came in Rome, it developed by many Atibba especially by Galen. After Rome Tib came in Iran and Arab world where two institutions like Jundishapur and Baitul-Hikmat play very important role in the development of Unani Tib. In the 12th century Unani Tib enter into India where it has developed in medieval period as well as in British period. Even Today contribution of Unani Medicine in Health and Disease is enormous².

Origin and development of Tib in Greece;

Unani Tib has originated and developed in Greece. Mostly historians favour that Asclepius first was the founder of Unani tib, but some historians write that Hermus (Hazrat Idris Alaimohussalam) was the founder of Unani tib.

Asclepius First:

Asclepius was the founder of Unani Medicine. At age of 50 he was given the knowledge of Tib by divine power³. He was called the Rab Bush Shefa (God of Health)⁴. He did not allow any persons other than his family to learn the Tib and treat the patient. His daughter became the Goddess of Health. Today W.H.O Logo in in which two snakes are rounded in stick, this is taken from Asclepius statue⁵.

Hippocrates:

Hippocrates was the father of Unani Medicine⁶. Hippocrates for the first time allow the persons other than family to learn the Tib. He gave the theories of Humoral, Tri matter and Physic. He was the first person in the world which

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established the hospital and appointed nurse in it. Hippocratic oath which is designed by him itself is so famous that even today, it has taken by students of Tib who has passed medical course⁷.

Aristotle:

Aristotle was called Imam of philosophy. He had coined the term logic first time in the world. He was the teacher of Alexander the great. First time in the world he said that male and female take equal parts in the reproduction of foetus⁸. He also said that semen not only take part in foetus formation but also decide that either foetus will be male or female⁷.

Herophilus:

Herophilus was the father of Human anatomy. Herophilus was the first person in the world who has dissected the cadavers. He dissected around 200 cadavers. He coined many terms like nervous system, cardio-vascular system, reproductive system and skeleton etc⁹. He differentiates the motor and sensory nerve. He also described the structure of artery and vein. His contribution in Human Anatomy is tremendous².

Erasistratus:

Erasistratus was the father of Human physiology. He dissected the animals for the comparative study of animal structure and functions with human being. He described the structure and functions of brain, nerve, artery, vein, and heart etc^{2,10}. His contribution for the human physiology is tremendous.

School of Alexandria:

School of Alexandria was established by Ptolemy-1 in around 4th century. This school play very important role in the development role in the development of Tib. Many physicians like Herophilus and Erasistratus was the students of this school. Sixteen books of Galen which was called the Alexandrian collections was the syllabus, which had taught in seven stages^{7,11}.

Development of tib in Rome:

Unani Tib has transferred from Greece to Rome around 219 BC and it is introduced by Unani Tabeeb Archagathos. After that two great Physicians like Dioscorides and Galen play very important role in development tib^{12,7}. Rome has the founder of Military Medicine. Rome has also the inventor of antidotes and tracheostomy in case of asphyxia².

Dioscorides:

He was the founder of IlmuAdvia (pharmacology) especially single drug. He travels the forest, mountain area for the research on drug which he written in his book "Kitabul Hashaesh"^{13,2}.

Galen (Jalinus):

Galen was the inventor enema which he learned from bird. He had dissected the cadavers of human and animal to know the applied anatomy. He described the anatomy of bones, muscles, tendons, nerves, brain, heart, lungs, liver, kidneys, ureter, bladder and sex organs. He had also described about the formation of blood, function of blood and systole and diastole of heart. He had also described the natural spirit, vital spirit and mental spirit^{14,2}. Although Galen had written many books but sixteen book which called the Alexandrian collection became very famous. This Alexandrian collection was included in school of Alexandria⁷.

Development of tib in Iran:

Iran has great role in the development of tib by established school of Jundi shah pur. School of Jundi shah pur was established by king Shahpur second, in 380 AD⁷.

Development of tib in Arab world

When tib transferred in Arab world, it became the golden era of tib. Tib development reach to peak level in Arabic era from 700 AD to 1500 AD².

Jabir binHayyan:

Jabir bin Hayyan was great Physician and a Chemist in Ahde- Umwi. His works in the chemistry is tremendous. Process like dissolution, evaporation, crystallization, calcination, and sublimation were developed by Jabir¹⁵. First, he invented the nitric acid, sulphuric acid, and aqua regia. He also developed the distillation apparatus and give the terminology balance^{7,8}.

Baitul Hikmat:

Baitul Hikmat was the great institution of tib founded by Khalifah Haroon Rashid and developed by Khalifa Mamoon Rashid in Ahde- Abbasi^{16,2}. Baitul Hikmat has great role in the development of tib. In addition to patient treatment, it has great role in collection, translation, covering, printing and publication of books. Books in any language like Greek, Syriac, Caldian, Nestorian, Persian and Sanskrit were translated in to Arabic. Yuhanna bin Masawaih was the chief officer of Baitul Hikmat and Hunain ibn Ishaque was supervisor of translation department^{2,10,14}.

Zakaria Razi:

Abu Bakar Mohammad bin Zakaria Razi was called the Imam e Tib and Jalinusool Arab. His contribution in the development of Tib is great^{17,2}. He believes mostly in his experiment and researches. First time he said that small pox and measles are the infectious diseases and spread by air. He was the inventor of clinical method like Bedside demonstration and case history⁷.

Abu Sahal Masihi:

First time in the world Abu Sahal Masihi said foetus take his/her food from mother's circulation. He also said that women not only accept the semen but also take part in the formation of foetus^{18,7}.

Ibn Sina:

Ibn Sina was the great Philosopher and his contribution in tib had tremendous^{7,9}. He wrote many books but some books like Al-Qanoon Fit Tib, KitabulAdvia al Qalbiaetc are so famous that these books were the part of syllabus in European countries till 16th century¹⁹.

Ibn Nafis:

Ibn Nafis was the first physician in the world which gave the concept of pulmonary circulation in 12^{th,2,7,5} century.

Ali Bin Isa Kahal:

Unani Tib first in the world gave specialist physician like Ali Bin Isa Kahal. He was ophthalmologist and performed cataract surgery in 11th century. He also used anaesthesia first time in the world^{2,4,7,9}.

Ahmad bin Mohammad Tabri:

Ahmad bin Mohammad Tabri was the first physician in the world which discovered the causative organism of scabies in the world. He described it in his book Moalejat Boqratiya^{19,7}.

Ibn Haitham:

Ibn Haitham was famous for vision expert and he gave the philosophy of light. He also gave the concept of reflection and refraction. He also gave the concept of rainbow and halo. He had also researched on convex lenses^{2,5,9,7}.

Development of Tib in undulus(Spain):

There were two centres of Tib in the world, one in Baghdad and other in in Undulus especially in Qartaba (Cordova). Many physicians and writer take important part in the development of Tib in Undulus^{20,2}.

Ibn Baytar:

Ibn Baytar was the famous pharmacologist of Undulus. He was called the imam of Ilmu Advia (pharmacology). He collected many herbal medicines and described its structure and functions and wrote it in his book Jame-ul Mufredat^{2,9,12}.

Abul Qasim Zahrawi (Abulcasis):

Abul Qasim Zahrawi is the father of Unani surgery. He developed many instruments of surgery which is also used today. He described it these instruments with figure in his book Kitab Al Tasrif. He performed cataract operation in 10th century^{2,11,17}.

Ibn Rushd:

Ibn Rushd was the famous philosopher of Undulus. His philosophy "Averroism" became very famous in Europe so, he was called "Averroes the Great". He wrote very famous book 'Kitabul Kulliyat'^{7,12,15}.

Development of Tib India

Unani Tib enter into India between the period of 1160 to 1186 AD. Ziauddin Abdur Rafe Harawi was the first Unani physician in India²³. First Unani centre in India was established in Lahore. From 12th century till date Tib continuously developing in India. But some families like Khandaan e Sharifi, Khandaan e Azizi and Khandaan e Usmani play a great role in developing the Tib in India. These families established educational institution for the research and development of Tib in India^{21,2,23}.

Hakim Ajmal Khan:

Hakim Amal Khan play great role for the development Tib by establishing educational institution across India. He actually revives the Tib and started new research^{7,3}.

Hakim Kabiruddin:

Hakim Kabiruddin also plays very important role in the development of Tib by translating the Persian and Arabic book into Urdu language².

Discussion:-

Contribution of Unani Medicine in health and disease from around 3000 BC to till date is very fruitful. In Greek era this Medicine contributed in human anatomy, physiology, medical ethics, philosophy and scientific concept etc. Many books were written in this era especially by Hippocrate, which is useful even today. School of Alexandria, the first institute of Unani Medicine were established in this era from which many students take part in the development of this medicine. In Rome era Unani Medicine contributed in military Medicine, single drugs and many books also were also written especially by Galen which also useful today. The peak of Unani Medicine was in Arab and Undulus era which is also called golden period. For the first time concept of bacteria, bed side clinic, case history, Measles and small pox were given by Razi. Contribution of Abul Qasim Zahrawi in surgery, Ibn Haitum in light, Isa Khal in anaesthesia and amraazechashm, Jabir in chemistry and Ibn Nafis in pulmonary circulation were great. Thousands of books were written and translated in this era. In India contribution of Unani Medicine from 12th century to till date is very fruitful. Thousands of books were written and translated in India which very beneficial for students of Tib²³.

Conclusion:-

Contribution of Unani Medicine in Health and disease from its origin to till date is very beneficial for human being. Many diseases like vitiligo liver disease, joints disease, GIT, and impotency are treated by this medicine. For more benefits of human being, it's our duty to do research on Atibba's concept which has given by him in the past.

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