



ROLE OF DALAK IN MANAGEMENT OF DEPRESSION.

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ABSTRACT Health is an essential component of life and it is necessary to live happy life. Health and disease not only affect individual but also affects society. There are number of factors which are responsible for health + disease. According to unani system of medicine Asbab-e- Sitah zarooriyah + Ghair Zarooriyah are important factors amongst them. Balance in these factors produces tabai- khilt (normal humours) such as Tabai balgham (normal phlegm), Tabai Safra (normal yellow bile), Tabai Sauda (normal black bile) etc. These Tabai Khilt produces good health and any disturbance in it leads to ill health/ disease because disturbances in components of asbabe-e-sitah-zarooriyah leads to increase in abnormal Khilt such as ghair tabai sauda (abnormal black bile) ghair tabai safra (abnormal yellow bile) etc. Harkat wa- sakoon nafsani is a component of asbab-e-sitah zarooriyah, disturbance in it leads to ghair tabai sauda, which is responsible for psychological disorders such as anxiety, depression etc. There are number of regimens such as ilaj-bil-ghza, ilaj-bit-tadbeer, ilaj-bil-dawah and ilaj-bil-yad, used to maintain health, for prevention and to control the disease. One of the best example is Dalak (massage) which is a component of ilaj-bit-tadbeer and play a very important role in the management of depression. Some studies also proven its efficacy in the management of depression and many other diseases. Time, season, age, locality plays a very important role in it.

KEYWORDS :**INTRODUCTION:**

According to unani system of Medicine there are numbers of regimens for preservation (maintain) of the health and prevention of disease, among them Dalak is very important which plays a very important and effective role in preservation, promotion of health, prevention and treatment of different diseases. Dalak is a component of ilaj-bit-tadbeer, it is an alternative of exercise, exercise is active form while Dalak is passive form. Many studies have proven the effectiveness of Dalak in depression.

Dalak:

In unani system of Medicine Dalak is known as massage. Massage is a unani word, which is derives from massein, which means *gunthna* (dough)¹² it (massage) is one of the oldest and most widely practiced regimens that is used for restorative, preventive as well as therapeutic purposes. Dalak (massage) is a type of exercise in which surface of body is rubbed with hands or devices to increase the blood circulation and remove the waste materials from the body. Several types of Dalak (massage) or mentioned in unani classical literature example Dalak Layyan (soft massage) is sedative and relaxant, Dalak Khashan (dry and hard massage) etc. It is considered as a type of exercise. It executes the same function as exercise i.e, it disintegrates the waste product, liquify the viscous matter, produces energy and strengthens ligament, tendons and muscles. Dalak is indicated by unani physicians in chronic arthralgia, muscular weakness, paralysis, sciatica, gout, neuralgia, obesity, sprain and uterine complications etc.³ It is defined as the systematic manipulation of the soft tissues for therapeutic or palliative purposes. It is frequently used as preventive, curative and rehabilitative purposes since centuries.⁴ The art of massage was very familiar in physicians of ancient Greece "Hippocrates father of medicine" in 5th century BC stated that the way to health is scented bath and an oiled massage everyday.⁵ Massage is generally used, with some research support to relieve pain from musculoskeletal disorders and cancer, rehabilitate sports injuries, reduces stress, increase relaxation, decreases feelings of anxiety and depression and aid in general wellness.⁴ It dissolves the morbid matters and assist the quwa (faculties) for therapeutic and preventive purpose. There are different forms of Dalak (massage). Dalak-e-Layyan (gentle massage) is one of them. It is done with oil or without oil slowly with slight pressure by palm and digits and it produces relaxation in muscles and increase ratobat (moisture) in body and induces sleep. The father of medicine (Hippocrates) mentioned about Dalak that physician ought to be skilled in numerous things particular in rubbing.

The use of oil during a specified Dalak has a preservative action on the tissue fluids of the massaged organ. Dalak (massage) on head with oil which has munawwim (sedative property) is effective, beneficial and advocated in Melankholiya (depression).⁵

Dalak is one of the very important regimens among the procedures of ilaj-bit-tadbeer for neurological and musculo skeletal disorders.⁷

Mechanism of actions:

The mechanism of action of Dalak (massage) is based on holistic approach of two fundamental concepts i.e,

- 1) Tanqiya-e-Mawad. (Elimination of morbid humour)
- 2) Imala-e-Mawad. (Diversion of humour/morbid matter)

Tanqiya-e-Mawad (elimination of morbid humour): It means the resolution and excretion of morbid humours/ matter and excessive fluids from the body thereby maintaining the normal quality and quantity of four bodily humours.³¹⁵

Imala-e-Mawad (Diversion of morbid humour) : it acts through diversion of the morbid fluids from the sight of affected organ to the sight where from it is easily expelled out from the body tissues. It also induces sedation, analgesia and increases blood circulation. Both are actually responsible for the maintenance of normal health.

1. In early days of childhood (when start walking in their third year of life) dalak should be lightly when they wake up from the sleep in the morning and be given bath.
2. In youngsters whole body should be massaged slowly with Roghan-e-zaitoon shireen (sweet olive oil) after digestion of meal.
3. In elderly persons moderate massage is very effective if done with oils, it may be done twice a day in lean and thin persons.
4. In pregnant women massage is strongly recommended to back, abdomen and pubic areas, few days before the delivery with roghan-e-zambaq and roghan-e-kheeri as it helps in easy passage for foetus at the time of delivery.¹¹

Procedures of Dalak:

Dalak is done with hands or by other means. It involves working and acting on the body with gentle pressure by using expertise hands some times with fingers, elbows, knees, forearm, feet or with a massage device. Massage can promote relaxation and wellbeing of the patient.

Timing of Massage (auqat-e-Dalak):

Timing of massage exclusively depends on the type of nature of massage. Principles for massage according to unani literature:

- 1) Dalak should not be done immediately after taking food.
- 2) Dalak should be done in the morning.
- 3) Dalak can also be done in the evening but 3-4 hours after evening. Timing of Massage also differs according to changes in weather.
- 4) Dalak should be done at noon, in mausam-e-rabi (spring season) and mausam-e-Kharif (autumn season).¹⁰
- 5) Dalak should be done in the morning in mausam-e-saif (summer season).
- 6) It should be done in afternoon in mausam-e-shita (winter season).

Contraindications of Dalak¹¹³ :

Dalak is not recommended in following conditions :

- 1) Humma (fever).

- 2) Septicemia.
- 3) The organ having any purulent condition.
- 4) Warm-e- Mafasil hand (acute arthritis).
- 5) Warm-e- wareed (phlebitis) and warm-e-shiryān (arteritis)
- 6) Qurooh-e-jildiya (skin ulcers).

CONCLUSION:

Unani system of medicine is providing effective health care facilities since ancient times. Dalak is practiced since ancient times. It is very effective in different diseases it is intended to relax the body and mind, mobilised stiff joints, increases flow of blood and lymph decreases muscular tension and chronic pain, decreases swelling and inflammation, decreases energy flow, improve skin tone. It also decreases pain, elevates mood, induces sleep, decreases headache, improve circulation to massaged part, decreases anxiety and depression etc. Clinical trials show its efficacy in various diseases of different system.

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