



ROLE OF ILAJ BIL TADBEER IN PAIN MANAGEMENT

Unani Medicine

Dr Shahnaz Akhter Qazi Hod, Associate Professor, Social And Preventive Medicine Kashmir Tibya College, Shilvat Sumbal, J&k

ABSTRACT

Pain is a distressing feeling often caused by intense or damaging stimuli or Pain is defined as unpleasant sensory and emotional experience associated with actual or potential tissue damage, however, due to it being a complex, subjective phenomenon, defining pain has been a challenge. The objectives of medical science mainly comprises of Prevention and treatment of diseases in order to maintain a healthy life. The unani medicine also focuses on the same objectives prevention of health and restoration of health. The simple pain medications are useful in 20% to 70% cases. Physiological factor such as Social support, hypnotic suggestion, excitement or distraction can significantly affect pains intensity or un pleasantness'. The regimental therapy is the back of Unani system of medicine, which is based on the works on the principle of modifying Or modulating six essential factors of life (Asbaab -e-sitta Zarrooriya) for maintaining and restoring the health of an individual.

KEYWORDS

pain, unani medicine

INTRODUCTION

Pain is defined as an unpleasant and emotional experience associated with or without actual tissue damage. However the pain sensation is described in many ways like sharp, pricking, electric, dullache, shooting, cutting, stabbing, etc. often it induces crying and fainting. pain may be acute or chronic. An acute pain is a sharp, pain of short duration and often it is localized. Chronic pain is the constant pain with different intensities. It lasts for longer periods. (1) Regimental therapy is a special physical method of treatment to improve the general constitution of the body by removing waste materials and improving the defence mechanism of the body and protect the health. In other words these are the best known as "detoxification" method's (2) so the regimental therapies play a vital role in eradication of pain, as they are easily available, and safe. The Regimental therapies like massage can eradicate pain by removing unwanted materials from the tissues through the venous and lymphatic system of the body or bringing the fresh blood and plasma to the affected area. (3)

(2) MATERIALS AND METHODS

(2.1) Causes Of Pain As Per Unani System Of Medicine

The unani philosophers postulated the cause of pain according to their experiences. According to Galen injury is the only cause of pain but Ibn Sina (Avicenna) totally challenged the Galen 'concept of pain and suggested that the change in the temperament of an organ is the true cause of pain whether injury lies or not. (4)

(2.2) Regimental Therapies For Pain Erradication

Regimental therapies are mainly used for the eradication of pain.

(2.2.1) EXERCISE (RIYAZAT)

Physical activity or exercise is important for maintaining physical fitness and can contribute to maintaining a healthy weight, regulating digestive health, building and maintaining healthy bone density muscle strength and joint mobility, promoting physiological well-being, reducing surgical risks and strengthening the immune system. Exercise may increase life expectancy and overall quality of life. (5)

Exercise relieves pain by increasing the blood flow to the affected part and intern increases the movement and provides continuity and thus prevents spasm and contractures of the muscles. (6)

(2.2.2) MASSAGE (DALAK)

It is defined as the therapeutic manipulation of soft tissues of the body to alleviate pain and reduce fatigue. (7). Dalak is a substitute of exercise because it provides the passive movements of the body. (8) The various pain conditions in which massage is used are: _

1. Fibrositis.
2. Tendinitis.
3. Muscular injury.
4. Ligament sprain.
5. Tenosynovitis.
6. All types of Arthritis like Rheumatic Arthritis, Osteoarthritis and Gout etc

7. Nervous system disorders like sciatica (irqun nisa), Neuralgia, Falij or (hemiplegia), Facial or Bell's paralysis (laqwa) etc (9,10)

Purpose of dalak

Ibn sina has mentioned the purpose of different types of dalak.

1. To make the body firm, if it is loose and flabby; to soften it, if the body is hard and vice versa.
2. To eliminate the rutoobat (fluid) from the body that is left after purgation.
3. To develop the body as well as to improve and to maintain blood circulation of the particular organ.
4. For dissolution of riyah (morbid gases) from the body.
5. To remove the baarid mizaj (cold temparemanent)
6. For imalah (to divert the matter from one organ to another)
7. Massage is done by using oil with an aim to retain the rutoobat (moisture of the body).
8. Massage is done to relieve the pain. (11)

For the therapeutic purpose the affected part of the body should be massaged softly for longer time. If pain occurs due to excessive cold (galba-e-baroodat) massage of the affected part should be done with Roghan-e-nargis or roghan-e-sosan mixed with dhatoora oil and if pain occurs due to excessive heat (galba-e-hararat) massage should be done with Rogan-e-Hina. (12)

2.2.3 CUPPING

Cupping is the unique method of regimental therapy by which the diversion or evacuation of morbid matter is done with the help of local suction. Cupping reduces or stops pain by drawing blood from the affected area to the surface of skin. Cupping permits 80% elimination of substance that causes pain. It reduces or eradicates the muscular pain by relaxing the spastic muscle fibres. (13)

Both the types of cupping (hijamah bill shurt and hijamah bila shurt) are used in the following conditions of pain (14)

1. Low back pain.
2. Headache.
3. Gout.
4. Sciatica.
5. Haemorrhoids.
6. Trigeminal neurology.
7. Renal calculi.
8. Ureteric stone.
9. Migraine.
10. Ankylosing spondilitis.

2.2.4. LEECHING:

Leeching is a method of blood letting which involves the withdrawal of blood in a considerable quantity from the body with the help of leech. It is actually a blood sucking process with the help of medicinal leech for prevention and treatment of various diseases. The important advantage of leech therapy is that it may be advised on those areas of the body where other processes of blood-letting like venesection and cupping

are not possible.(15)

Leeching or Hirudotherapy is commonly used for various painful conditions such as (16)

1. Haemorrhoids.
2. Amraz Mufassil (joint diseases) like gout, osteoarthritis, etc.
3. Chronic ulcers (qaroooh muzaminah).
4. Boils and abscesses.
5. Skin disorders like dermatitis, ulcers etc.,

2.2.5 (HUQNA (ENEMA))

Huqna (enema/clyster) is a process which is applied for the removal of super fluities from the stomach and intestines. In this process liquefied drugs or some medicinal preparations are injected or introduced into the lower bowel per rectum by an instrument.

Huqna relieves disorders such as:(17)

1. Arthritis.
2. Gout.
3. Rheumatism.
4. Muscle spasm.
5. Headache.
6. Constipation.
7. Renal stone.
8. Chronic fevers.
9. Sciatica and other pains in the joints are being treated by using medicated enemas.

However the main objectives of enema (huqna) are _

1. To eliminate the vitiated humours and waste materials from the intestines.
2. To relieve certain pains like kidney and bladder pain.
3. To relieve colic pain of stomach, intestines and other viscera's.
4. To relieve constipation particularly in the case of intestinal atony and distension of stomach etc.
5. To resolve inflammatory condition of the adjacent organs of rectum.

2.2.6 NATOOL (IRRIGATION)

Natool is an important method of ilaj bit tadbeer in which medicated oil or decoction or simple water is poured slowly from a height over the affected area. This process of pouring the decoction or oil from a distance is known as "Tanteel or irrigation". Natool are of two types: _

- 1) Natool Haar and
- 2) Natool baarid.

Natool is done to provide the desired action of medicine locally which may occur by the following three processes.

1. Evacuation of Morbid matter (ikhraj-e-mavad.)
2. Normalization of temperament of affected organ (Tadeel -e-mizaj -e-Aza.)
- 3) Improvement of Quwat-e-Mudafiat.

Natool therapy is very effective in relieving pain and stiffness at the affected site and it is therapeutically used in various diseases like.(18,19)

1. waji-e-Mafasil.
2. suddah (Headache).
3. sarsam (Meningitis).
4. shaqiqah (Migraine).
5. Ahtibas bol (Retension of urine).
6. warm-e-Suddi (Mastitis).
7. waram-e-Raham (Endometritis).
8. Niqras (gout)

2.2.7) VENESECTION

Venesection is that type of treatment by which temperament and bodily humours are restored by the elimination of morbid matter from the body (Tanquiyah-e-Mavad).

The Renowned unani physicians like ibn-e-sina, Razi, Jalinoose, recommended the use of fasd (venesection) as an adjuvant in the management of Tahajjur-e-Mufasal-e-Rakbah (knee osteo-arthritis). (20)

Fasad is commonly used for purification of humours in various pain disorders like

1. Waja-ul-mafasil.
2. waja-a-e-Qalab (Angina Pectoris).

3. Irqun-nissa (sciatica).
4. Niqras (gout).
5. zaat-ur-Riya (pneumonia).

CONCLUSION

In nut shell, the regimental therapies have been proving better than other or medical treatment. The regimental therapies (Ilaj bit tadbeer) are non medicinal techniques or procedures for pain by which unani physicians modulate the patient's habitat, life style and dietary habits of the people. The principle of treatment aims at restoring the normal temperament, and correcting the imbalance in the khilt (humour) vthrough imala (Diversion of morbid material) and istifraagh (Evacuation of morbid material) It can be concluded that unani mode of treatment of pain provides an alternative method of treatment, being both economical and free of side effects to a maximum level.

REFERENCES

- (1) Essentials of medical physiology k. sembuling am, prema sembulingam 5th edition page no.145 jaypee Brothers medical publishers (p)Ltd.
- (2) Ayush.gov.in>unani> therapeutics>reg.,.
- (3) Cook EM,Holey EA. Therapeutic Massage W.B. saunders company Ltd.London;1998,6o:
- (4) Johnson Mi, Tashani OA, Avicenna's concept of pain, Libyan J.Med.2010;5(1).
- (5) <https://en.w.wikipedia.org/wiki/Exer>
- (6) Yurdanur Demir. Non pharmacological Therapies in pain management, Current issues and opinions. Dr Gabor Racz(Ed.)ISBN:2012:978-953-307-813-7.
- (7) Harrison LM. The pocket Medical Dictionery.CBS publishers and Distributors,Delhi,1986,246.
- (8) Nafees B. kullyat-e-Nafeesi, part I.Translated by Hkm.Kabeeru-din,Idara-e-Matbuatsulemani, Lahore.1934,425;426-488.
- (9) Dhanapani, AG,sinha AG, principles and practices of Therapeutic Massage, jaypee Brothers Medical publishers(p)Ltd, New Delhi,2004,22.
- (10) Tanvir MA, Ansari AH, Aisha p,Anzar MA.Dalak (Therapeutic Massage)an for Musculoskeletal Dismedici (e,IJAAYUSH,2013;2()-59-70.
- (11) (sina 1.,2006;Kulliyat-e-Qanoon (urdu translation by Hakim Kabeeruddin.) Ejaz Publishing House, New Delhi, 147-54.
- (12) Kamal A.Dalak (massage)in unani Medicine.A Review,IJAAYUSH 2014;3(1):162-174.
- (13) Sultana A.Ilaj-bit-tadbeer A. Non-Medical Therapy in unani system of medicine. A Review,JCAM,2015,1-6.
- (14) Akhtar J, Siddique KM. Utility of cupping therapy Hijamat in unani medicine, Indian Journal of Traditional Medicine.2008;7(4):572-574.
- (15) <https://www.ncbi.nlm.nih.gov/articles>
- (16) Ahmad T, Anwar M. Clinical importance of Leech therapy, Indian Journal of Traditional Knowledge.2009;8(3):443-445.
- (17) <https://nhp.gov.in>huqna-enema-ml>.
- (18) Roohi Azam. Natool (irrigation) An effective mode of treatment in ilaj bit tadbeer (Regimental Therapy).IAJPR 2014;4(12):1-5.
- (19) Nasimul H. An overview of Niqris (gout)and its interpretation with hyperuricemia. IJAAYUSH 2013;2(1):137-142.
- (20) Shaikh N.comparative evaluation of unani regimental Fasd (phlebotomy) and compound formulation in the management of knee osteoarthritis, an open randomized clinical trial.JISMR.2013; (1):7-13.