



ORIGINAL RESEARCH PAPER

Unani Medicine

UNANI DIETOTHERAPY ON OLIGOGALACTIA : A COMPREHENSIVE REVIEW OF UNANI MEDICINE

KEY WORDS: Ghiya-e-Munasib, Su-e-Mizaj, Uzuwi Asbab, Ilaj-bil-Ghiza

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ABSTRACT

Qillat-e-Laban, defined as a deficiency or scarcity of breast milk, is a significant concern in Unani medicine (Tibb-e-Unani). Since breast milk is considered the ideal nourishment (Ghiya-e-Munasib) for a newborn's growth and immune development, any quantitative or qualitative decline is treated with clinical urgency. In Unani philosophy, lactation is a physiological process governed by the body's innate power, Tabiyat, and the quality of the blood (Dam), which serves as the precursor to milk. According to classical Unani scholars like Ibn Sina (Avicenna) and Razi (Rhazes), milk production is an extension of the digestive and circulatory processes. The primary causes of Qillat-e-Laban are categorized into four main domains: 1. Su-e-Mizaj (Dyscrasia): A cold or dry temperament (Barid or Yabis) in the breasts or the whole body can hinder the transformation of blood into milk. 2. Amraz-e-Khabisa (Wasting Diseases): Chronic illnesses or malnutrition deplete the body's essential fluids, leaving little "surplus" blood for lactation. 3. Nafsiyati Awamil (Psychological Factors): Grief, anxiety, and stress divert the Ruh (vital spirit) and blood flow away from the mammary glands, leading to a sudden drop in supply. 4. Uzuwi Asbab (Organic Causes): Obstructions in the mammary ducts or underdevelopment of the breast tissue. Dietary intervention (Ilaj-bil-Ghiza) is the first line of defense. Mothers are encouraged to consume "lateef" (easily digestible) and "muwallid-e-dam" (blood-forming) foods. Unani medicine offers a comprehensive framework for managing Qillat-e-Laban by balancing the internal environment of the nursing mother. By combining potent herbal galactagogues with nutritional support and psychological well-being, Unani practitioners aim to ensure the health of both the mother and the infant. Modern pharmacological studies increasingly validate these traditional "Mudir-e-Laban" drugs, proving their efficacy in enhancing prolactin levels and milk volume.

INTRODUCTION

Qillatul laban, Doodh ki kami ya na uterna. Qillatul laban is mentioned briefly by Ibn Sina (980-1036AD) in Canon of Medicine under the chapter 'upbringing of children in which he mentioned that when milk is scanty, the cause should be found out.

Qillatul laban means inadequate milk production. According to WHO, at least one million deaths occur per year from diarrhoea and infections, which are preventable through breast-feeding. The first few weeks after giving birth are a critical time for establishing the milk supply. During this time, frequent, thorough emptying of the breasts sets and controls the level of milk production. The milk supply can rapidly drop if the baby is too weak or small to adequately stimulate this process, or is not latched on well. The milk supply will also be affected if engorgement is not relieved or if the baby is not breastfeeding often enough. Breastfeeding is an integral part of the reproductive process, the natural and ideal way of feeding an infant, and a unique biological and emotional basis for child development UNISEF).

The concept of breast milk formation was first described by Ibne Sina is that the secondary faculties simply serve the nutritive one of the breast and are of four.

1. Quwat Jazba(attractive)
2. Quwat Maseka(retentive)
3. Quwat Hazma(digestive)
4. Quwat Dafea(expulsive)

Qillatul laban is mentioned briefly by Ibne Sina in the canon of medicine under the chapter upbringing of children in which he mentioned that when milk is scanty, the cause should be found out. this may be either abnormal temperament, it would be known from signs and symptoms. When milk is scanty due to excessive heat in the breast, it would be known from their feel. if there is a sign of cold temperament, obstruction or inadequate absorption, diet should consist of light and slight hot things. Gentle cupping is given under the breasts.⁸

According to Kabeerudin Md. When a mother cannot secret adequate milk one should try to increase the production of milk.⁹

According to Gulam Jeelani sometime milk production in breastfed mother become so insufficient that baby cannot get full of stomach, so one should advise nutritive food for improvement in milk production.¹⁰

Lactation

The concept of breast milk formation as described in the Unani system of medicine by Ibn Sina is that the secondary faculties simply serve the nutritive one of the breast and are four i.e. attractive (Quwat Jazba), retentive (Quwat Maseka), digestive (Quwat Hazma) and expulsive (Quwat Dafea). The attractive faculty (Quwat Jazba) of the breast was created to attract what is beneficial (i.e. nutriment) from the blood. The retentive faculty (Quwat Maseka) was created to retain these nutrients as long as the alternative faculty ((Quwat Mughaiyara) acts upon it and derives nutrition from it. The digestive faculty (Quwat Hazema) is the faculty which absorbs the material drawn by the attractive faculty and retains and transforms it into a consistency ready for the action of alternative faculty and also changes it into a temperament capable of becoming an actual nutriment i.e. breast milk. The secretion of discharge of the breast takes place with the help of one of the actions of the expulsive faculty (Quwat Jazba). After the delivery of the baby, there is the ejection of milk as the result of suckling stimuli.

Lactation is the process of milk secretion and is prolonged as long as milk is removed from the gland on a regular basis. Prolactin is required to produce let down to allow infants to extract milk from the gland. The volume of milk secreted may be adjusted to the requirements of the infant by a local factor secreted into milk, the so-called "feedback inhibitor of lactation".

Ilaj-bil-Ghiza (Dietotherapy)

Unani Medicine is based on the Hippocratic theory of Four Akhlat (humours) i.e. Blood, Phlegm, Bile and black bile. Diseases are caused by natural imbalance of four humours with or without external causes. Diseases are treated with mostly herbal, mineral and animal origin drugs. There are four methods of treatment; Ilaj biltadbeer (Regimental therapy), Ilaj bighiza (Dietotherapy), Ilaj bildawa (Drug therapy), Ilaj bilyad (Surgery). [6] Qillat laban (Hypogalactorrhoea) is a problem of the lactating mothers which has been treated successfully from centuries by Unani Physicians.

All substances consumed by humans are divided into the following categories:

1. Ghiza (Diet)
 2. Ghiza-e-dawaae (Nutritive medicine)
 3. Dawa-e-ghizaee (Medicines having nutritive value)
 4. Dawa (Drugs)
 5. Sammiyat (Poisons)
1. Ghiza (Diet)- Diet is described as a substance that does not cause any change in the body but is changed by the body in a form, which is readily acceptable to it, for the nutritional value.
 2. Ghiza-e-dawaae (Nutritive Medicine)- These are the diets which have medicinal properties e.g. Onion, Garlic, and Almond.
 3. Dawa-e-ghizaee (Medicinal Nutrition)- These are the medicinal substances which have some nutritional value along with medicinal benefits.
 4. Dawa (Drug) - Drugs are defined as substances that cause a change in the body and are not affected by the body itself.
 5. Sammiyat (Poisons)- Poisons are substances that cause harmful changes in the normal functioning of the body and in extreme cases may lead to the death of an individual.

Unani System of Medicine lays great stress on treating certain ailments by administration of specific diets or by regulating the quality and quantity of food. In addition to nutritional properties, various foods have pharmacological actions too. For example, many foods are laxative, diuretic and diaphoretic.

The weakness of certain organs is corrected by administering the same organ of an animal by way of food; for instance, disorders and weakness of liver are treated by including the goat liver in the patient's diet. Likewise, heart, kidney, and brain are recommended in the respective organ's treatment.

Dietotherapy seeks to restore the imbalance in the body due to errant lifestyles. Unani system of Medicine lays rules for a balanced lifestyle, which revolves around six essential factors. Noncompliance with these principles leads to an errant lifestyle and ultimately leads to disease. Diet is an important component of these essential factors. The Unani system of medicine believes that a physician is not the healer but an assistant to nature Tabiyat (physique) of the body, which is the true healer hence the diet should be in accordance with it. Diets have been mentioned according to various stages of life to maintain the digestive system at its best. Unani medical scholars have described many causes of Qillat-e-Laban (Oligogalactia) like Qillat Dam (Anaemia), imbalance of Humours alters the temperament of the whole body including the breast, use of dry & cold temperament diet etc. resulting in low production of milk. [7] Qillat-e-Laban is treated with proper diet, rest to the brain and body. The single drugs for this problem are called Muwallid-e-Laban (Lactogenic) i.e. Gule Mahuwa (Madhuca indica), Kalonji (Nigella sativa), Lobia (Vigna catianga), Satawar (Asparagus racemosus), Tudri Surkh (Methiolla incana), Tudri Zard (Cheiranthus cheiri), Tudri Surkh (Mathiola incana), Zeera Siyah (Carum carvi), Zeera Safaid (Cuminum cyminum),

Satawar (Asparagus racemosus), Shaqaqul-Misri (Pastinaca secacul), Asgand (Withania somnifera), Badiyan (Foeniculum vulgare), Maghze Tukhme Tarbuz (Citrullus vulgaris), Maghze Tukhme Kharpaza (Cucumis melo), Maghze Tukhme Kadu (Cucurbita moschata), Maghze Pambadana (Gosypium herbaceum), Maghze Badam (Prunus amygdalus), Maghze Chilghoza (Pinus gerardiana). Besides oral drugs some drugs are applied locally on the breast as a Dalak Muqami (local massage) or Takmeed (Poultice) for increasing the local blood circulation to enhance the milk production. These are Barge Bed Anjeer-leaves of Ricinus communis), Raughan Bed Anjeer-Oil of Castor seed (Ricinus communis) and Raughan Zaitoon-Oil of Olea europia.[8] (Zameema). Compound formulation having moharrik Bah properties are also Muwallid-e-Laban (Lactogenic).

Management:

Management and diet Management consists of suitable modification in the six essentials of life. These are Atmospheric air, Food and drinks, Rest and physical activity, Psychological activity, Sleep and wakefulness, Elimination and retention

MATERIAL & METHODS

Literature and claims in support of this article have been taken from Classic books of Unani system of medicine. For the search for these books author visited the following four libraries, namely (a) Library of central council for Research in Unani Medicine.

CONCLUSION

Mothers often feel that they have scanty milk production, and failing to receive the crucial breastfeeding support eventually develops lactation failure. Western countries have realized the immense value of breast milk and widespread support has resulted in a rising trend of breastfeeding. The prevalence of Qillat laban in India is 45% to 53.4% and is increasing nowadays. It is a challenging problem to treat. Keeping this fact in mind a high prevalence and challenging problem we needed more effective and safe medicine which should be used successfully to manage the problem. Unani system of medicine claims to possess such a number of dietotherapy which can be used to improve the condition of scanty milk production. Qillat laban (Oligogalactea) is a problem of lactating mothers which has been treated successfully for centuries by Unani Physicians. The above-mentioned Unani Dietotherapy mentioned in Unani Medicine can be used as a household remedy and we can provide a safe, economic and effective medication to solve this worldwide problem through Unani system of Medicine

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