

Regimental Therapy (Ilaj-bil-Tadbir) An Ancient Method for Promotion of Health & Treatment of Different Diseases

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Abstract—Regimental therapy is one of the most popular methods of treatment, practiced by ancient Unani scholars since antiquity. It is basically application of certain special techniques or physical methods of treatment to improve the constitution of body by removing waste materials and improving the defense mechanism of the body. In other words, regimental therapies are mostly non medicinal techniques or procedures by which Unani physicians modulate the patient's habitat, life style and dietary habits of the patient. They practice some other therapeutic regimens for the treatment of various diseases. It is a method, through which maintenance of general health and care of the sick person are attained through modulation or modification in six essential factors for life. These regimes are actually meant for the evacuation of morbid humours from the body. These morbid humours are true culprits which are basically responsible for the onset of disease. As soon as these morbid humours are removed from the body by applying some regimens, normal health gets restored. Ibn-e- Sina, an eminent Unani scholar wrote in his famous book "Canon of Medicine", that there are almost 36 regimens. Some examples of these regimens include Venesection, Cupping, Diauresis, Sweating, Purgation, Turkish bath, Massage, Cauterization, Emesis, Exercise, Leeching, Enema, Inhalation, Expectorant, Counter Irritation, and Hydration Therapy. Due to their negligible side effects and environment friendly nature, even developed countries are also emphasizing the use of regimental therapies prescribed by Unani physicians thousands year back as special regimens to treat the diseases as well as to maintain the body in good health.

1. INTRODUCTION

In the Unani system of medicine, Physis (*tabiyat*) is an individual's internal power or capacity to withstand or combat disease and to perform normal physiological functions. Believing that it is only *tabiyat* that is engaged in actually curing a disease, If not adversely affected, *tabiyat* can eradicate most infections without medical treatment, using what may be thought of as the natural defense system of the mind and body.

Unani medicine recognizes six Primary factors called six essential pre-requisites (*Asbab-e-sittah-zarooriah*) for the promotion of health and prevention of diseases, which are: Air, Food and drinks, Bodily movement and repose, Psychic movement and repose, Sleep and wakefulness, Evacuation and

retention. These factors are essential in establishing a synchronized biological rhythm and thus living a balanced existence. They are directly affect the harmony of the human mind and body. Socioeconomic, geographic, and environmental factors are considered secondary factors (*Asbab-e-ghair-zarooriah*) and therefore indirectly influence *tabiyat*. However, both the primary and the secondary factors must be closely considered in the Unani process of treatment.

The initial approach to treatment in the Unani system entails the establishment of a regimen to normalize and balance the Primary factors (e.g., air, water, and food) involved in ailments and diseases. If this proves inadequate, then other means, such as treatment with natural medicines, may be recommended. this treatment acts as an outside agent to help boost the patient's *tabiyat* and thus restore good health and a sense of well-being. Regimental therapy (Ilaj-Bil-Tadbeer) is one of the four methods of treatment in the Unani system of medicine. The other three methods are Dietotherapy (Ilaj-Bil-Ghiza), Pharmacotherapy (Ilaj-bil-Dawa) and Surgery (Ilaj-bil-Yad).

Regimental therapy is special technique / physical methods of treatment to improve the constitution of body by removing waste materials and improving the defence mechanism of the body and protect health. In other words these are the best known "detoxification methods".

Important techniques in regimental therapy along with the ailments for which they are considered effective are briefly described below:

- **Exercise (Riyazat):-** Riyazat is a voluntary movement with the purpose of evacuation of waste material(Tanqiya-e-Mavad) for an individual. it has great significance in prevention and curing of diseases. It helps To improve metabolism for proper functioning of body. To tone up individual organs and To relieve anxiety, insomnia and depression. It develops the immunity of the body and makes resilient to various organs of the body. As per Unani system, the physicians prescribe hard,

moderate and light exercises as per the condition of the patient.

- **Massage or Friction (Dalak):-** Dalk is a systematic manipulation of body tissues with the hands. Several varieties of Dalk have been recommended in Unani system of Medicine e.g. Dalak e sulb (hard), Dalak e layyan (soft), etc. prolonged or moderate massages. Hard friction or massage is Mufatteh-e-Sudad (deobstruent) and makes the body firm. Soft massage is sedative and relaxes the body while prolonged massage reduces the fat of the body; moderate massage develops the body as well as improves and maintains blood circulation of the particular organ; rough friction with a rough cloth enhances vasodilation of the particular organ etc .In the premature infants, it is found to enhance weight gain and relief from symptoms of anxiety, tension, depression, insomnia and stress as well as back pain, headache, muscles pain and some form of chronic pain.
- **Fomentation (Takmeed):-** Takmeed is the process, which keeps the body or part of the body warm. It relieve localized or generalized pain, and subside the inflammatory conditions
- **Pouring of medicated water (Nutool):-** Nutool (Pouring of medicated water) is a procedure in which the affected part is washed by a stream of water or medicated decoction from a height. It is done with the purpose of acceleration of excretion of morbid material. it help to disperse the matter from affected part, to achieve the astringent effect and to relieve several chronic diseases like Paralysis, Sinusitis, Salpingitis, Arthritis, mastitis, Sleeplessness, Migraine, meningitis, Depression, Tension, Polio and even certain mental disorders.
- **Medicated Paste (Zimaad/ Tila) :-**Tila is a kind of medicated oil used externally for massage whereas Zimaad (medicated paste): semisolid preparations of the crude drugs in powder forms used for local application. It is helpful to combat pain of a particular organ e.g. headache and chest pain etc. and to cure swelling of a particular organ e.g. Kabid (liver), Tihaal (spleen) etc.
- **Sweating or diaphoresis (Tareeq):-** it is the process to accelerate the secretions of the sweat glands of the skin. It is beneficial to excrete the waste matter from the skin, blood and other parts of the body, to reduce the excessive heat and maintain body temperature To purify blood and improve dermal nutrition and enhance body texture.
- **Diuresis (Idrar-e-baul):-** Diuresis is one of the important process for evacuation. The objectives are to excrete poisonous matters, waste products and excess of humours through urine, to purify blood and evacuate deranged humour, to cure hepatic ailments and to cure pulmonary diseases as well as renal disorder.
- **Turkish Bath (Hammam):-** It is a place used for bathing, consisting of several rooms with one room leading to the other with specific provisions and conditions customized according to the disease to be treated.The objective are to reduce viscosity of the humors, to improve health of the debilitated individuals, to strengthen body, to cure obesity, to increase innate heat of the body (Hararat-e-Ghariziya), to improve metabolism and to evacuate waste products through skin.
- **Purgation (Ishaal):-**Ishaal is the process used for expulsion of the waste matter through the bowels.it helps to resolve the morbid matter, To activate the derivative effect and to achieve antispasmodic and detoxicating effect.
- **Emesis (Qai) :-**Emesis is the evacuation of gastric contents through mouth. The main purpose of vomiting is to eliminate toxic/morbid material from the gastro-intestinal tract To cure disease like Headache, Migraine) and Tonsillitis, to cure Pneumonia, To cure mental disorders, e.g. Junoon (Mania) and Maali Kholia (Melancholia).
- **Enema (Huqna):** Huqna (enema) is an excellent process for the removal of superfluities from intestine. In which, liquefied drugs are introduced per rectum by an instrument. This is one of the best methods for elimination of vitiated humors and waste material from the intestine. it relieves constipation particularly in the case of intestinal atony.
- **Diversion of morbid material (Imala):-** Imala means ‘diversion’ of matter from one part of the body to another. Through this method, the flow of matter is diverted to the other side. As a result, the congestion of the affected part is reduced in a natural way. The objectives of Imala are to relieve pain and nervous irritability, to relieve burning sensation, to subside inflammation and to absorb fluids or matter accumulated in hypodermic spaces or cavities.
- **Cupping(Hijama):-**cupping is a method used for local evacuation or diversion of morbid humors in which a horn is attached to the surface of the skin of the diseased part through which negative pressure is created by vacuum. The vacuum is created by the introduction of heat or suction The objectives of Hijama are evacuation of morbid matters and diversion of matter from one part of the body to another
- **Venesection/Blood letting(Fasd):-**Fasd is a procedure in which an incision is given to any of the superficial veins, and blood, containing Madda-e-Fasida (waste material) is allowed to flow. The purpose is evacuation of waste material. It removes excess humours in the same proportion as present in the blood vessels or the abnormal humour or both. It is applied for purification of vitiated humors in Meningitis, Pneumonia, Pleurisy, Sciatica,

Gout, Rheumatic Arthritis, Coma, Melancholia, Diphtheria, Piles, Amnesia, Angina Pectoris etc. it is also helpful to check Kasrat-e-Tams (menorrhagia) and Ru'af (epistaxis) and to cure malaria and splenic disorders, orchitis, metritis, scabies and pruritis, boils and hepatitis.

- **Leeching (Taleeq):-**Taleeq is a unique method of removal of morbid matters. Leeching draws blood from deeper tissues. The selected point of treatment should be washed with a solution of borax and rubbed until get red. Leeches should be washed first and then applied. A little clay or blood should be smeared in the selected point to enable them stick better. After achieving the target and when they get distended, leeches should be detached by dusting salt borax or the ashes of burnt cloth, wool or sponge. The main objectives of Taleeq are to cure baldness and favus, ringworm, moles, filariasis, meningitis and pneumonia.
- **Cauterization (Kai):-**Cauterization is an effective method of treating several conditions e.g. destructive lesions, removal of putrefactive matter and bleeding etc. Unani physicians have preferred cauterant made up of gold. The place to be cauterized must be visible so that the cauterization is done satisfactorily after good observation. However, in the case of deep located organs e.g. mouth, nose and anus, suitable speculum is required. It should be coated with talcum and Armenian bole, soaked in vinegar, wrapped with a piece of cloth. The speculum should be subsequently cooled with rose water or several other juices. It checks transmission of diseases causing cells from one organ to another organ. It is extremely useful for hip joint pain and prevents the catarrhal matters from accumulation.

2. CONCLUSION

It can be concluded that regimental therapy has unique features that are easily recognized. It can be used effectively for the management of various disorders specially skin and musculoskeletal disorders where western medical treatment is of less value. It may be used for the restoration of normal health through its prophylactic and palliative action. It may produce better results either singly or as an adjuvant with drug therapy in diseases like hypertension, arthritis, varicose veins, and skin diseases like psoriasis and in obesity.

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