**Origin and Development**

The Unani System of medicine owes, as its name suggests, its origin to Greece. It was the Greek Philosopher-physician Hippocrates (460-377 BC) who freed Medicine from the realm of superstition and magic, and gave it the status of Science.

Unani system of medicine developed into an elaborate medical system by Arabs, like Rhazes, Avicenna, AL-Zehravi, Ibn-e-nafs, & others. The Unani System got enriched by imbibing what was best in the contemporary systems of traditional medicines in Egypt, Syria, Iraq, Persia, India, China & other middle east Countries.

The Theoretical frame work of Unani Medicine is based on the teaching of Hippocrates. After him a number of scholars enriched the system considerably. of them, Galen (131-210AD) stands out as the one who stabilized its foundation on which Arab & Persian physicians like Rhazes(850-925AD) constructed an imposing edifice.

In India, Unani System of Medicine was introduced by Arabs and soon it took firm roots. The Delhi Sultans (rulers) provided patronage to the scholars of Unani System and even enrolled some as state employees and court physicians.

During the British rule, Unani System suffered a set back due to withdrawal of State Patronage, but continued to be practiced as the masses reposed faith in the system.

An outstanding physician and scholar of Unani Medicine, Hakim Ajmal Khan(1868-1927) championed the cause system in India. After Independence of India, Unani System was recognized as one of the Indian Systems of medicine and steps were taken to develop and Propagate this system.

**Scope**

Unani Medicine has been used for centuries and in known for its therapeutic efficacies, there is a need to scientifically establish its efficacy and safety in order to achieve global acceptance. Organized research work in this system is therefore the need of the hour. in post independent era, Central Council for research, drug development, literary work, survey & cultivation of medicinal plants program is contributing significantly for last three decades.

Vitiligo, sinusitis, filariosis, eczema, malaria, jaundice, infective hepatitis nervous system disorders, bronchial asthma, arthritis and several other acute and chronic diseases are some of the conditions where Unani therapies have earned recognition after scientific validation where other systems have not been able to give desired response. Now the system has crossed national boundaries and is popular among the masses globally.

**Fundamentals.**

According to the principles and philosophy of Unani Medicine, disease is natural process. Its symptoms are the reactions of the body to the disease and the chief function of the physician is to aid the natural forces of the body.

**Unani Medicine is based on the Humoral Theory.**

**Humors**

The Humoral theory Presupposes the presence of humors in the body.

- **Regimental DAM** - (Blood)
- **BELGHAM** - (Phlegm)
- **SAFRA** - (Yellow Bile)
- **SAUDA** - (Black Bile)

The temperaments of persons are expressed by the words sanguine, phlegmatic, choleric and melancholic according to the preponderance in them of blood phlegm, yellow bile, black bile respectively. The Humors themselves are assigned temperaments
Blood - hot and moist
Yellow bile - hot and dry.
Phlegm - cold and moist

Every person has a unique humeral constitution which represents this healthy state to maintain the correct humeral balance there is a power of self adjustment called Immunity (Quwwat-e-Mudabbira-e-Badan) in the body. If this power weakens, imbalance is bound to occur resulting disease.

**DIAGNOSIS**
The Unani system of Medicine is its emphasis on diagnosing a disease through pulse (Nubz), a rhythmic expansion of arteries, which is felt by fingers. Other methods of diagnosis include examination of urine (Baul), stool (Baraz).

**PREVENTION OF DISEASE**
The Unani system of Medicine recognizes the influence of surroundings and ecological conditions on the state of health of human beings. This system at restoring the equilibrium of various elements and faculties of the human body. It has laid down six essential pre-requisites for the prevention of diseases and places great emphasis, on the one hand, on the maintenance of proper ecological balance and, on the other, on keeping water, food and air free from pollution.

**These essentials, known as Asbab-e-Sitta Zarooriya, are:**
- Air
- Food and Drinks
- Bodily Movements and Repose
- Sleep and wakefulness
- Excretion and Retention

**Therapeutics**
In Unani system of Medicine, various types of treatment are employed such as
- Regimental therapy (Ilaj-bit-Tadbeer),
- Diet therapy (Ilaj-bil-Ghiza),
- Pharmacotherapy (Ilaj-bid-Dawa)
- Surgery (Jarahat).

The **Regimental therapy** includes vene-section, cupping, diaphoresis, diuretics, Turkish bath, massage, cauterization, purging, emesis, exercise, leeching etc.

The **Diet-o-therapy** aims at treating certain ailments by administration of specific diets or by regulating the quantity and quality of food.

**Pharmacotherapy** deals with the use of naturally occurring drugs, mostly herbal, though drugs of animal and mineral origin are also used.

**Surgery** has also been in use in this system for quite long. In fact, the ancient physicians of Unani medicine were pioneers in this field and had developed their own instruments and techniques but at present only minor surgery is in vogue in this system.

In Unani Medicine, single drugs or their combination in raw are preferred over compound formulations. Further the material medical of Unani Medicine being vast, the medicines are easy to get as most of them are available locally. The naturally occurring drugs used in this system are symbolic of life and are generally free from side-effects. Such drugs as are toxic in crude form are processed and purified in many ways before use.

The Greek and Arab physicians encouraged poly-pharmacy and devised a large number of poly-pharmaceutical recipes which are still in vogue. In Unani Medicine, although general preference is for single drugs, compound formulations are also employed in the treatment of various complex and chronic disorders. Since emphasis is laid on a particular temperament of the individual, the medicines administered are such as go well with the temperament of the patient, thus accelerating the process of recovery and also eliminating the risk of drug reaction.

In India, the concept of research in Unani system of medicine was originally perceived by Masih-ul-Mulk Hakim Ajmal Khan in the 1920s. A versatile genius of his time, Hakim Ajmal Khan spotted Dr. Salimuzzaman Siddiqui a chemist for undertaking chemical studies on some important medicinal plants used in Unani Medicine. Dr. Siddiqui undertook the task visualized by Msh-ul-Mulk and his discovery of medicinal properties of a plant, commonly known as Asrol (Pagal Booti), led to sustained research that established the unique efficacy of this plant known all over the world as Rauwolfia serpentina, in neurovascular and nervous disorders, such as hypertension, insanity, schizophrenia, hysteria, insomnia and psychosomatic conditions, etc.
At present the Unani system of medicine, with its own recognized practitioners, hospitals and educational and research institutions forms an integral part of the national healthcare system. Today, India is considered a world leader in Unani Medicine.

**Ilaj bit Tadbeer (Regimental Therapy)** Some of the commonly used Regimental therapies are as fellow:

- **Hamam** - Turkish bath & Various types of medicated baths.
- **Dalak** - Massage and physio therapy.
- **Riyazat** - Physical exercise.
- **Takmeed** - Fomentation.
- **Hijamat** - Cupping .
- **Fasad** - Venesection.
- **Ishaal** - Purification
- **Qai** - Emesis.
- **Idar e Baul** - Diuresis.
- **Kai** - Cauterization.
- **Taleeq** - Leeching.

**Infrastructure**

At presentation there are 39 recognized educational institutes of Unani medicine including national institute of unani medicine (NIUM), Bangalore in the country, which provides education and training facilities in the systems. These colleges have a total admission capacity of 1770 students for undergraduate courses. They are either Government Institutions or set up by voluntary organizations. All these educational institutions are affiliated universities. The curriculum prescribed by the central council of Indian medicine is followed by these institutions.

Postgraduate education and research facilities are available in six colleges and NIUM, Bangalore in six subjects. The total admission capacities to these courses in all these colleges are 71 (including 28 in NIUM Bangalore)

There are 43578 registered practitioners, 74 hospitals (bed strength 3774), 1153 dispensaries and 391 licensed pharmacies.

**Education:** Medical education in Unani systems is recognized by the Government of India.

5% years of course is conducted for award of bachelor of Unani medicines and surgery, Postgraduate courses in Unani medicine is of 3years duration. Facilities for research are also available in Unani colleges.

Avicenna in his book “has described meningitis so accurately in details that it has scarcely required any additions even after 1000 years.

He was first person to described intubation (surgical procedure to facilitate breathing). Western physicians began to use this method at the end of 18th century.

Avicenna described contamination of the body by foreign bodies prior to infection and also devised the concept of anesthetics.

He accurately described surgical treatment of tumors, saying that excision should be radical and all diseases tissues be removed, included amputation and removal of veins running in the direction of the tumour. He also recommended cauterization of the area if needed. This observation is relevant even today.

The Arab physicians developed a "soporific sponge" (impregnated with aromatics and narcotics and held under the patient's nose), which precede modern anesthesia and also described how "minute bodies" enter the body and cause diseases- well in advance of Pasteur’s discovery of microbes.

The use of plaster of Paris for fractures was a standard practice. It was rediscovered in the west in 1852.

Svicenna described tuberculosis as being communicable diseases.

Al Rhazes (865-925 AD) was first to described smallpox and measles. Al Hawi/Liber continents

The Arab surgeon zohrawi (Abulcasis) Was first to described Hemophilia, He was first surgeon in history to use cotton which is an arabic word for surgical dressings for control of hemorrhages.

Ibn Nafees (1210-1288 AD) discovered pulmonary blood circulation.

Jabir Ibn Hayyan Geber (8th century) known as father of chemistry invented the methods of evaporation, dissolution, crystallization, calcinations and also distillation apparatus.

He discovered the formula of Acqua regia, nitric acid, sulphuric acid etc.