Unani Medicine

Why in news?

International Conference that was organised by Central Council for Research in Unani Medicine concluded recently.

- **About Unani** – Unani system is one of the oldest systems of medicine, based on the teachings of Hippocrates.

  ***Hippocrates** is known as the "Father of Medicine" because he established medicine on a scientific basis and raised ethical standards.*

- It is an extensive medical system that deals with *various states of the body (healthy and disease)*.
- The system is integrated in nature and offers preventive, promotive, curative and rehabilitative healthcare.
- UNANI is derived from the word IONIAN which indicates its genesis in the present day Greece (Unan) and TIBB means medicine.
- **World Health Organization (WHO)** – Recognized it in ***1976***.
- **Umure Tabiya** – In Unani system of medicine, human body is based on seven natural principles, known as “Umure Tabiya”.
- These are the very factors responsible for the existence of the human body and are considered responsible for the maintenance of health.
- The loss of any one of these components could lead even to death of the individual.
- **Hippocratic theory** – Unani system is based on the Hippocratic theory which postulates that a *perfect balance of "Arkan" (elements), "Akhlat" (humors) and "Mizaj" (temperament)* keeps the body and mind healthy.
- The theory presupposes the presence of *four humours* in human body, which are:
  1. Dam
  2. Balgham
  3. Safra (Yellow bile)
  4. Sauda (black bile)
- **Diagnosis** – The most important aspect forthe diagnosis of diseases are three in number,and they are Nabz (pulse), examination of baul (urine) and Baraz (stool).
- The surroundings and the ecological conditions are very much responsible for the state of health of a person.
- **International Conference** – Was recently organised by Central Council for Research in Unani Medicine.
- The conference was on the topic “Innovations in Unani Medicine for Integrative Health Solutions – A way forward”.

References

1. PIB - Unani Medicine
2. Directorate of AYUSH - Unani Medicine

