



## Ilaj-bil Tadbeer (Regimental Therapy): A review

\*<sup>1</sup> Mohammad Abu Taher, <sup>2</sup> Mohammad Abu Bin Nyeem, <sup>3</sup> Md. Monir Ahammed, <sup>4</sup> Md. Saiful Islam Chowdhury

<sup>1, 2, 3</sup> Faculty of Unani and Ayurvedic Medicine, Hamdard University Bangladesh, Gazaria, Munshiganj, Bangladesh

<sup>4</sup> Rawshan Jahan Estern Medical College & Hospital, Lakshmipur, Bangladesh

### Abstract

Ilaj-Bil Tadbeer or Regimental Therapy is one of the important methods among other methods of treatment in the Unani system of medicine. The other three methods are Ilaj-Bil-Ghiza (Dietotherapy), Ilaj-bil-Dawa (Pharmacotherapy) and Ilaj-bil-Yad (Surgery). Regimental Therapy involves some techniques which use to improve and stabilize the constituents of the body. Regimental therapies are mostly non medicinal procedures for health promotion in Unani medicine e.g. *Irsale Alaq* (Leeching), *Fasd* (Venesection), *Ishal* (Purgation), *Qai* (Emesis), *Idrar* (Diuresis), *Huqna* (Enema), *Hijamat* (Cupping), *Dalak* (Massage), *Riyazat* (Exercise) and *Hammam* (Bathing) etc. Regimental Therapy is used independently or in combination with other methods of treatment. In this review, a brief concept about regimental therapy and some research works have been gathered to show its efficacy and free from physical disorders without major side effects.

**Keywords:** Ilaj-Bil-Ghiza (dietotherapy), Ilaj-bil-Dawa (pharmacotherapy) and Ilaj-bil-Yad (surgery), unani medicine

### Introduction

The name *Unani* is derived from a Greek word Ionian which means medicine a symbol of life. *Tibb* means the knowledge of the states of the human body in health and illness (decline of health). *Unani Tibb* strives to find the best possible ways by which a person can lead a healthy life. Hence, *Unani* is an age old, time tested system of medicine dating back 5000 years to Greece. It refers to a tradition of Greeco-Arabic medicine which is based on the teachings of Greek physician Buqrat (Hippocrates; 460-377 BC) and Roman physician Galenos (Galen) and developed into an elaborate medical system by Arab and Persian physicians such as Al Razi (Rhazes), Avicenna (Ibne sina), Al Zahrawi and Ibn Nafis<sup>[1]</sup>.

The Unani system of medicine is one of the oldest systems of medicine that is practiced in India and all over the world. *The basic principles of this system rely on the concept put forward by Hippocrates and Galen.* This system, earlier known as "Galenics", later known as Unani Tibb, (Unani being the Arabic word for "Greek" and Tibb for "medicine"<sup>[2]</sup>).

The eminent Unani scholar, *Ibne Sina* has mentioned 36 regimes in his famous book "Canon of Medicine". The important regimes include *Irsale Alaq* (Leeching), *Fasd* (Venesection), *Ishal* (Purgation), *Qai* (Emesis), *Idrar* (Diuresis), *Huqna* (Enema), *Hijamat* (Cupping), *Dalak* (Massage), *Riyazat* (Exercise), *Hammam* (Bathing), *Tareeq* (Diaphoresis), *Amle Kai* (Cauterization), *Nutool* (Irrigation), *Inkebaab* (Inhalation), *Tanafis* (Expectoration), *Takmeed* (Fomentation), *Imala* (Diversion of morbid material), *Ilam* (Counter Irritation), *Aabzan* (Hydration Therapy), *Zimaad wa tila* (Ointment and Liniment) etc<sup>[1]</sup>.

Unani physicians has suggested a regimen which is known as *Riyazat*, *Ibne Nafees* a famous Unani philosopher mentioned that "No alternative of *Riyazat* present in the *tibb*"<sup>[3]</sup>.

The word 'massage' is derived from the Arabic word- Mass

(to touch), or from the Greek word- *Massein* (to knead). Hippocrates used the term *anatripsis*, meaning to rub down and this was translated into the Latin 'frictio' meaning friction or rubbing<sup>[4]</sup>.

Massage is defined as the therapeutic manipulation of soft tissues of the body to alleviate pain and reduce fatigue<sup>[5]</sup>. The *Dalak* as a substitute of exercise because it provides the passive movement to the body<sup>[6]</sup>.

Methods of assistance for elimination are Exercise, Massage, Venesection, Emesis, Leeching, *Hijamat*, *Hammam* etc. Among these, *Fasd* is one of the most important and widely practiced methods by Unani scholars<sup>[7-8]</sup>.

Cupping therapy is a simple procedure in which negative pressure is applied to the skin through sucking cups e.g. dry cupping therapy<sup>[9]</sup>. There are two types of cupping therapy which are dry and wet cupping. In dry cupping, the suctioning cups simply pulls the local skin to create vacuum into the cup and in wet cupping same technique was used but the difference is that skin is lacerated so that blood is drawn into cups<sup>[10]</sup>.

Blood-letting in the form of venesection, leech therapy and cupping with scarification is an essential part of regimental therapy. It has been utilized for preventive as well as therapeutic measures for thousands of years by ancient Unani physicians<sup>[11-12]</sup>.

Among these methods *Nutool* is a novel method, in which decoction of certain drugs or medicated oils are poured over specific sites of body at certain height in some specific diseases. According to Shiekh bu-Ali Sena *Nutoolat* are also called *sakoobat*. *Nutoolat* or *tareda* are decoction of medicines or hot water that is poured on desired organs<sup>[13-15]</sup>.

From the ancient literature of Unani System of Medicine, "Sweating" is one of the Regimental Therapy through which cleaning and evacuation of morbid matter is done<sup>[16]</sup>.

## Research Works

By using the process of sweating, rectification of morbid blood disorder has given success result for sweating therapy. Therefore this treatment is highly recommended and beneficial in skin disorders and is very cost effective [16].

Nutool is effective in relieving chronic disease, pains and stiffness of various types, as in Waja- ul mafasil (arthritis), Suddaa (headache), Sarsaam (meningitis), Shaqiqah (migrane) Sakta (stroke), Ahtibase bol (retention of urine), Warm e suddi (mastitis) and Warne raham (endometritis) etc [17].

By using cupping therapy (Wet Cupping) compared to baseline, sciatic pain was decreased more efficiently which indicated that wet cupping may leads to more clinical benefit for treating various chronic diseases [18].

A classical traditional hamam ritual has statistically significant health effects in healthy individuals: pain relieving effect, mental relaxing effect, slight increase in heart rate and slight increase in sublingual temperature [19].

People who do regular activity have a lower risk of many chronic diseases, such as heart disease, type 2 diabetes, stroke, and some cancers. Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression, dementia and Alzheimer's disease [20].

Massage has major effect in improvement of upper limb score. Exercise has significant effect in ambulatory profile and rehabilitation of gait. As Unani drugs also showed improvement, the combination of message exercise and convention Unani drugs treatment promises to play an important role in rehabilitation of hemiplegia patients [21].

The intervention FASD (Venesection) showed statistically significant results in comparison to control group in subsidence of pain, morning stiffness, muscular weakness, but comparable in swelling/effusion and restriction of movement [22].

Significant statistical difference was observed in subjective and objective parameters. Almost all patients reported improvement in pain and heaviness. Highly significant change was also observed in vein diameter below knee and above ankle [23].

Riyazat increases strength of the muscle by producing number of neuromuscular changes and changes in muscles like hypertrophy of muscle fibre, improved metabolic/enzymatic adaptations, increase in size and number of myofibrils and connective tissue tensile strength [24].

## Conclusion

Treatment through Ilaj-Bil Tadbeer or Regimental Therapy (RT) is one of the oldest therapies amongst other therapy. Abuse of Pharmacotherapy leads to hormonal disorder, cancer, addiction, change of behavior and many degenerative changes where as regimental therapy can reduce physical disorders, cancer manifestation, and degenerative changes and so on.

## References

1. Azad Hussain Lone, Tanzeel Ahmad, Mohd Anwar, Shahida Habib, Gh Sofi, Hashmat Imam. Leech Therapy- A Holistic Approach of Treatment in Unani (Greeko-Arab) Medicine. *Anc Sci Life*. 2011; 31(1):31-35.

2. Anonymous. Benchmarks for Training in Traditional/Complementary and Alternative Medicine, Geneva Switzerland WHO. 2010; 1:3.
3. Malik Itrat, Zarnigar N, Haque. Concept of aging in Unani Medicine. *Int J Res. Ayurveda Pharm*, 2013, 4(3).
4. Carsor PM. *Handbook of Clinical Massage*. 2nd Ed., Elsevier, Delhi, 2002, 57-91.
5. Harrison LM. *The Pocket Medical Dictionary*. CBS Publisher and Distributors, Delhi, 1986, 246.
6. Nafees B. *Kulliyat-e-Nafeesi, Part I*. Translated by Hkm. Kabeerudin, Idara- e-MatbuatSulemani, Lahore. 1934, 425:426-488.
7. Kabeeruddin M. *Kulliyat-e-Nafeesi*. New Delhi: Idara Kitabus Shifa; YNM, 161-184-424-427.
8. Ehsanullah M. *Ilaj Bit Tadbeer*. New Delhi: Rabbani Printers, 2006, 84-100.
9. AL- Shamma YM, Abdil Razzaq A. Al-Hijamah Cupping Therapy. *Kufa Med J*, 2009, 12(1).
10. Ahmadi A, David C, Rezaei M. The Efficacy of Wet-Cupping in the Treatment of Tension and Migraine Headache. *The American Journal of Chinese Medicine*. 2008; 36:37-44.
11. Bernard A. *Theories and Philosophies of Medicine*. 2nd ed. New Delhi: Institute of History of Medicine and Medical research, 1973, 242-253.
12. Shah S. why leeches influence my physical examination. *Lancet*. 1998; 352:2014-2015. [PubMed]
13. Ahmad Z. *Moalijat Khasoosi Illaj Bit Tadbeer*. New Delhi: Mohd. Waseem Okhla. 2005; 2:115.
14. Kabiruddin M. *Tarjuma wa sharah Kulyat Qanoon*. Lahore: Nadeen Younus printers; N.A, 1(2):311.
15. Kabiruddin M. *Alqarabdeen*. Pakistan: Malik Sons Publishers Karkena Bazar Faisalabad; N.A, 2008, 452-458.
16. Gaffar Rehan MA. Siddiqui. A study on sweating therapy and its efficacy. *International Journal of AYUSH Medicine & Research (TJPRC: IJAMR)*. 2015; 1(2):1-6.
17. Roohi Azam, Shafia Mushtaq, Fassihuzaman, Azhar Jabeen, Zehra Zaidi, Shah Alam. Nutool (Irrigation) - An effective mode of treatment in Ilaj bit Tadbeer (Regimenal therapy). *Indo American Journal of Pharmaceutical Research*. 2014, 4(2):12.
18. Allah Nawaz, Asif Iqbal, Asif Ahmed, Amber Mushtaq, Muhammad Amjad Chishti, Irshad Ahmad, *et al*. Treatment of Sciatica by HIJAMA (Regimental Therapy-Cupping). *Journal of Pharmacy and Pharmaceutical Sciences*, 2014, 2(2).
19. MineKARAGÜLLE, GyorgyNAGY MD, Istvan BARNA, YaseminBARUT, HalimİŞSEVER, Müfit Zeki KARAGÜLLE, *et al*. An observation on health effects of hamam (turkish bath). *Press Therm Climat*. 2011; 148:79-86.
20. Sameena Firdaus, Dr. Ferasat ali, Nida sultana and Sana sultana. *International Journal of Development Research*. 2016; 06(01):6486-6498.
21. Zarnigar, Abdul Rahaman. Role of Dalak (message) and Riyazat (exercise) in the rehabilitation of patients with post stroke hemiplegia. *Indian journal of traditional knowledge*. 2012; 11(4):738-744.
22. Shariq Ali khan. Safety, efficacy and mechanism of

- action of fasd (blood letting through venesection) in the cases of osteoarthritis: A controlled clinical study. 2nd International Conference and Exhibition on Traditional & Alternative Medicine August Beijing, China, 2014, 25-26.
23. Mohammad Shahid Khan, Abdul Nasir Ansari. Effect of Leech Therapy (Irsal-e Alaq) and Unani Formulation (Itrifal Sagheer with Zanjabeel) in the Management of Varicose Veins (Dawali): An open, randomized, standard controlled three groups clinical trial. *Spatula DD*. 2015; 5(1):41-50.
  24. Susan BO, Sullivan, Schmitz. *Physical rehabilitation*, 5<sup>th</sup> edn, (New Delhi: Jaypee brothers' publication), 2007, 706-8-718-28-1152-1159-1196.