



Clinical Applications of *Fasd* (Venesection) in Unani Medicine: A Review

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ABSTRACT

Background- In the *Unani* system of medicine, there are three methods of treatment viz; *Ilaj Bit Tadbeer wa Ghiza* (Regimenal therapy and Dietotherapy), *Ilaj Bil Dawa* (Pharmacotherapy) and *Ilaj Bil Yad* (Surgery). Amongst these, *Ilaj Bit Tadbeer* is one of the most popular methods of treatment practiced by ancient *Unani* Physicians for ages. *Ilaj Bit Tadbeer* means treatment through regimens, which is done by doing modification in *Asbabe Sitta Zarooriya* (six essential factors for life) in order to attain general health. It includes regimens like *Hijamat* (Cupping), *Dalk* (Massage), *Irsal-i-Alaq* (Leeching/Hirudotherapy), *Fasd* (Venesection) etc. The literal meaning of *Fasd* is cutting or tearing of the vessel, it is said that he cut off vessel of the patient. *Fasd* is a type of *Tafarruq-i-Ittisāl* (loss of continuity) that is done in veins intentionally by any specialised instrument. It is used for *Tanqiya* (evacuation of morbid materials from the body). Hippocrates explained that the balance could be restored by withdrawing measured amounts of the patient's blood. **Aims and Objectives-** The objective of this article is to review the clinical applications of *Fasd* in accordance with anatomical position of *Uruq Mafsuda* (veins used for *Fasd*) in the view of *Unani* medicine. **Method** - In this paper we search and consider *Unani* books like *Kitab-Al-Umda fil Jarahat*, *Kitab Al- Mansoori*, *Kamil Al-San't*, *Kulliyat Nafeesi*, *A History of Human Anatomy*, Grey's Anatomy, PubMed, Goggle scholar etc. **Conclusion** - *Fasd* is mostly used in people who are prone to *Amraze damwia* (diseases due to blood impairment) as well as for preventive measures and when morbid material is present in deeper tissues. *Fasd* is the effective method of evacuation of morbid matter used for the purpose of *Tanqiya* (restoring and maintaining Health).

Introduction

In the *Unani* system of medicine, there are three methods of treatment viz; *Ilaj Bit Tadbeer wa Ghiza* (Regimenal therapy and Dietotherapy), *Ilaj Bil Dawa* (Pharmacotherapy) and *Ilaj Bil Yad* (Surgery). Amongst these, *Ilaj Bit Tadbeer* is one of the most popular methods of treatment practiced by ancient *Unani* Physicians for ages. *Ilaj Bit Tadbeer* means treatment through regimens, which is done by doing modification in *Asbabe Sitta Zarooriya* (six essential factors for life) in order to attain general health. It includes regimens like *Hijamat* (Cupping), *Dalk* (Massage), *Irsal-i-Alaq* (Leeching/Hirudotherapy), *Fasd* (Venesection), *Qai* (Emesis) etc. These regimens are actually meant for the *Istefragh* (evacuation) of *Akhlate raddiya* (morbid humours), from the body or affected site. As soon as these morbid humors get evacuated, normal health gets restored, and vitality of the body gets increased.¹

The literal meaning of *Fasd* is cutting or tearing of the vessel, it is said that he cut off vessel of the patient.² According to *Ibn-i-Habal Baghdadi*, "venesection is a process of complete evacuation which drains out blood and dominating humours mixed with blood from vein."³ *Ibn-i-Sinā* said that *Fasd* (Venesection) is a general elimination of humours. It removes excess of humours in the same proportion as is present in blood vessels.⁴ Among other definitions, author of *Al-Umdah Fil-Jarahat* gave the best and most satisfactory one, saying that "*Fasd* is a type of *Tafarruq-i-Ittisāl* (loss of continuity) that is done in veins intentionally by any specialised instrument."⁵ Phlebotomy is also known as bloodletting or venesection and is an important treatment that has been used by various groups from ancient times to the present.⁶

INDICATIONS

Uruq Mafsuda: The veins which are used for venesection or bloodletting in *Unani* system of medicine are called *Uruq Mafsuda* (Bloodletting vessels). In the human body there are several veins which are used for the procedure of *Fasd* to treat the diseases.⁷

S.NO.	TYPE OF VEIN	INDICATIONS
01	<i>Warid-i-Bāsaliq</i> (Basilic vein or <i>Tannur-i-Badan</i>).	<ul style="list-style-type: none"> • Diseases of whole body^{8,9} • Pain in hip, thigh and legs¹⁰ • Sanguinic fever¹¹ • Migraine¹²

	By this blood is drained from abdomen and surrounding of thorax. ^{7,19}	<ul style="list-style-type: none"> • Disease of liver, spleen, lungs, pleura ¹⁰
02	<i>Warid-i-Qifāl</i> (Cephalic vein) By this blood is drained from the head, neck	<ul style="list-style-type: none"> • Diseases of head and neck ^{8,13} • Sanguinous disease of head ¹⁴ • <i>Shaqiqa</i> ¹⁵ • <i>Sudā'-i-Damwi</i> ¹⁶ • Diseases of face • Diseases of thorax ⁷ • Diseases of eyes, ear, palate, mouth, teeth and lips ¹⁰ • Infection of tongue, diphtheria ¹⁷ • In epistaxis ^{8,17}
03	<i>Warid-i-Ibtī</i> (Axillary vein)	<ul style="list-style-type: none"> • Diseases of whole body ^{8,9} • Pain in hip, thigh and legs ¹⁰ • Sanguinic fever ¹¹ • Migraine ¹⁰ • Disease of liver, spleen, lungs, pleura ¹⁰
04	<i>Warīd-i-Akhal</i> (Median Cephalic vein) By this blood is drained from all over the body, from head-to-toe ¹⁹	<ul style="list-style-type: none"> • In reducing excessive accumulations of blood in the whole body ¹⁰ • Diseases of whole body ^{9,10,13,18} • Inflammation of upper & lower part of body ⁵ • Diseases of head and neck ¹⁷ • organ lying below the neck ⁸ • In pneumonia, melancholia and phlegmatic headache ¹⁷
05	<i>Warid Habl-uz-Zira</i> (Brachial veins)	<ul style="list-style-type: none"> • Left side brachial vein: Diseases of spleen and heart • Right side brachial vein: Diseases of liver, Purifies the organ of neck and organs above it. ^{17,18}
06	<i>Warid-i-Usaylim</i>	<ul style="list-style-type: none"> • Right sided branch: liver diseases ^{5,9,10,13,15,18} • Left sided branch: spleen diseases ^{5,7,9,10,13,18,22} • Heart diseases ¹³
07	<i>Warid-i-Sāfin</i> (Saphenous vein) By this blood is drained from organs lying below the liver. ^{29,95,96,101,103}	<ul style="list-style-type: none"> • Menstrual disorders ^{5,8,10,13,17,18} • Amenorrhoea due to obesity ²⁰ • Diseases of uterus ^{7,19} • Itching of scrotum ¹⁰ • Itching of thigh ^{5,19} • Inflammation of calf ^{5,21} • Sciatica ²¹ • Varicose vein ¹⁸ • Renal disorder ^{7,19} • Renal pain ¹⁷ • Haemorrhoids ²¹
08	<i>Warid-i- 'Irq-un-Nasā</i> (Sciatic vein)	<ul style="list-style-type: none"> • Sciatica ^{5,8,9,10,17,18,21} • <i>Niqris</i> (Gout) ^{9,17,18} • Varicose Vein ^{17,18} • Elephantiasis ¹⁷
09	<i>Rakba</i>	<ul style="list-style-type: none"> • Amenorrhoea ^{4,5,8,10,21,22} • uterine pain ^{8,9,10,21} • Pain in anus and haemorrhoids ^{4,9,10,21,22} • Visceral pain and backache ^{9,10,21} • Renal pain ^{8,10} • Pain in urinary bladder ^{5,8} • Pain in Thigh, pain of sciatica, pain in calf muscle ^{5,18} • Hysteria ⁵
10	<i>Warid al-Jabha</i>	<ul style="list-style-type: none"> • Diseases of head and face like <i>Šudā'</i>(headache), <i>Shaqiqa</i> (migraine) • <i>Ātshak</i> (Syphllis) boils and wounds of face ¹⁹ • Ocular pain ¹⁰ • Heaviness in eye ^{4,5,10,21,22}
11	<i>Irq Al-Yāfukh</i>	<ul style="list-style-type: none"> • <i>Shaqiqa</i> ^{4,10,21,22} • Old small eruption of head ⁵ • <i>Quruḥ</i> and <i>Buthur</i> of scalp ⁸

		<ul style="list-style-type: none"> • chronic morbid ulcer in scalp and <i>Sa'fa</i> ⁷ • Conjunctivitis, corneal opacity, itching of eyelid ⁵
12	<i>Irq Taht-Al Khushsha</i>	<ul style="list-style-type: none"> • Chronic headaches, vertigo ^{4,21,22} • Pain in forehead ⁵
13	<i>warid-i- Khalf Al Uzun</i>	<ul style="list-style-type: none"> • Diverts the <i>Bukhārāt</i> which ascends towards head ^{4,21,22} • Cataract ^{4,10,21} • Small eruptions of scalp, boils and wounds of head ^{4,5,8,10,19,21} • Wounds of ear ^{13,21} • <i>Shaqiqa</i> ¹⁹ • <i>Sa'fa</i> ^{5,8,19} • <i>Nazla-i-Muzmina</i> ¹⁹
14	<i>Warid-i-Sudghi</i>	<ul style="list-style-type: none"> • Diverts the morbid matter of eyes ^{10,19} • <i>Shaqiqa</i> ^{7,10,19,22} • Chronic headache ^{10,19,22} • Diseases of eyes ²² • Conjunctivitis ^{7,19}
15	<i>Warid-i-Arnabah</i>	<ul style="list-style-type: none"> • Eruptions of nose ^{4,5,10,21} • Irritation in the nose ^{4,10} • Erythema produced in nose ¹⁹ • <i>Bawasir Al-Anf</i> ^{4,5,8,10,21} • Carcinoma of nose ⁵ • <i>Kalaf</i> (Melasma) ^{4,10,18,21} • <i>Sa'fa</i>, severe headache ¹⁹ • High fever ¹⁹ • <i>Warm-i-Litha</i> (gingivitis), bad smell of mouth ⁵ • Pain in eye ^{5,8} • Irritation of eye ^{8,13} • Styte ⁸
16	<i>Warid-i-Mankharain</i>	<ul style="list-style-type: none"> • Warm of nose ¹⁰ • Chronic head ache ¹⁰ • Chronic pain in eye ¹⁰ • Ocular congestion ²¹
17	<i>Warid That-ALLisan</i>	<ul style="list-style-type: none"> • Diseases of oral cavity ¹⁹ • <i>Khunāq</i> ^{5,21,4,7,19} • heaviness in tongue ^{4,10,13,21} • <i>Waram-i- Lawzātayn</i> (Tonsilitis) ^{21,4} • Disease of ovule ^{5,19} • <i>Nāsur</i> of inner canthus of eye ¹⁰ • chronic <i>Zabha</i> ⁸
18	<i>Warid-i-Wadajayn</i>	<ul style="list-style-type: none"> • In diseases of skin: • urticaria, <i>Dā'ul-Hayya</i>, <i>Dā'us-Tha'lab</i> ⁵ • <i>Bahaq Aswad</i>, <i>Quba Raddi</i>, bad and corrosive wound, initial stage of leprosy ^{5,7,10,19,21} • Respiratory diseases like <i>Khunāq</i> (diphtheria) ^{10,21} • <i>Diq al Nafas</i> (Asthma) ^{7,10,19,21} • Hoarseness ^{10,21} • Chronic head ache ⁵
19	<i>Irq Al-Māq</i>	<ul style="list-style-type: none"> • In diseases of eye: • Pterygium ^{4,5,10,21} • Nasur of eye ⁵ • Night blindness ^{4,10,21} • Vascular keratitis ¹⁹ • Chronic irritation of eye ⁵ • <i>Ramad Muzmin</i> ^{4,21} • Heaviness of eye ¹³ • Headache ^{4,21} • <i>Shaqiqa</i> (Migraine) ^{4,21}
20	<i>Chahār Rag</i>	<ul style="list-style-type: none"> • Diseases of oral cavity and gums ⁹ like <i>Qulā 'Al-Fam</i> (stomatitis) ^{4,7,19,21} • Suppurative gingivitis ¹⁹ • wound of oral cavity and gums ^{4,7,21}

		<ul style="list-style-type: none"> • pain of gums ^{4,21} • <i>Bawāseer</i> of gums ^{4,21}
21	<i>Warid Al-Anfaqa</i>	<ul style="list-style-type: none"> • Bad smell of mouth ^{4,5,21}
22	<i>Warid-i-Shikam</i>	<ul style="list-style-type: none"> • Right sided vein: in pain of liver ⁵ • Left sided vein: in pain of spleen ⁵
23	<i>Warid-i-Labbah</i>	<ul style="list-style-type: none"> • Diseases of stomach especially diseases of cardiac end of stomach ^{4,21}

CONCLUSION

From the *Unani* Medicine point of view, the health is maintained by *Mo 'tadil Mizāj* (normal temperament) within the body. The *Mo 'tadil Mizāj* (normal temperament) is maintained as long as equilibrium is maintained in the *Kammiyat* (quantity) and *Kaifiyat* (quality) of *Akhlāt* (humours) is maintained and the body will continue to live and function properly. According to Buqrat, balance could be restored by withdrawing measured amounts of the patient's blood. *Fasd* is mostly used in people who are prone to *Amraze damwia* (diseases due to blood impairment) as well as for preventive measures. It is one of the common regimens used for *Tanqiya-e-Taam* or complete evacuation of morbid matter. It is done for the removal of *Akhlāt-i-Fasidah* (morbid humours) from the body when the quality and quantity of humour are altered due to any etiological factor. At present time it is used in a various blood disorder like Polycythaemia vera, Hemochromatosis and Sickle cell disease etc. Further research is vital to clarify the full clinical and economic implications of *Fasd* therapy and to determine the true potential of this age old reliable regimenal therapy of *Unani* system of medicine. Therefore, conduction of more extensive, exhaustive, randomized clinical studies on a large sample size is the need of the hour to evaluate its efficacy in various diseases on reliable and validated scientific parameters.

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