



Unani Medicine: A Natural Treasure to Manage Diabetes

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ABSTRACT:

Globally, the number of people with diabetes is expected to double from 171 million in 2000 to 366 million in 2030, with India experiencing the largest growth. It is clear that India now confronts an uncertain future with regard to the possible spread of diabetes throughout the nation. The silent killer disease diabetes (Ziabetus) which envelops humanity in their shadows, is growing quickly every day as a result of pancreatic damage, peripheral resistance, poor or inadequate insulin synthesis, and other, less significant factors. There are two types of Ziabetus (Diabetes) according to Unani system of medicine: Diabetes incipidus, or Ziabetus Sada and Ziabetus Shakri, diabetes mellitus. Additionally, the ancient physician has discussed the etiology, clinical characteristics and management of diabetes in detail.

KEYWORDS: Ziabetus, Diabetes, Unani medicine.

INTRODUCTION:

In November 2014, the World Health Organization estimated that 347 million people globally suffer from diabetes. According to WHO estimates, diabetes directly caused 1.5 million deaths in 2012; almost 80% of these deaths were in low- and middle-income areas. In 2016, diabetes was directly responsible for 1.6 million deaths, while in 2012, elevated blood glucose levels contributed to an additional 2.2 million deaths. Before the age of 70, over half of all deaths linked to high blood sugar take place.[1] With over 62 million people in India presently afflicted with the condition, diabetes is rapidly becoming a potential epidemic. Globally, the number of people with diabetes is expected to double from 171 million in 2000 to 366 million in 2030, with India experiencing the largest growth. It's clear that India's future is currently uncertain due to the possibility of diabetes becoming more prevalent there.[2]

The Greek term "Diabanmo," which meaning "to run through," "pass through," or "siphon" due to frequent urination, is where the word diabetes originates.[3,4] It is a chronic condition brought on by insufficient insulin synthesis by the pancreas or inefficient insulin utilization by the body. One hormone that controls blood sugar is insulin. Elevated blood sugar, or hyperglycemia, is a frequent impact of unchecked hyperglycemia and eventually results in severe harm to numerous bodily systems, particularly the blood vessels and nerves.

Arab Atibba referred to diabetes, also known as Ziabetus, as a kidney illness. The symptoms of the condition include increased appetite, gradual weight loss, sugar in the urine, excessive thirst, and excessive urination.[5] Other words like Atsha, Moattasha, Intesae Anmas, Dolab, Zalaqul kulliyya, Dawwarah, Barkar, Barkarya, Qamees, etc. were used to characterize Ziabetus.[4,6] Hippocrates (460 BC) described a condition characterized by excessive urine flow and physical atrophy. Diabetes was described as "Diarrhoea Urinosa" (diarrhea of the urine) and "dipsakos" (thirsty sickness) by Galen (131–201 AD).[7]

ETIOPATHOGENESIS:

According to Jalinoos (Galen), the illness is unique to the kidneys due to a deficit in the kidneys' capacity for retentive memory. He has stated that he believes diabetes may be caused by the weakness of quwwatle-mughayyarah. He explained that the most deadly type of diabetes occurs when a cold temperament coexists with dryness. In contrast, when a hot temperament coexists with moisture, there is less absorption (into the kidneys) and the urine is viscous and dark in color.[7,8,9]

It is believed that the liver and kidneys are the primary sites of the disease's genesis. Ziabetus is brought on by one or more of the subsequent causes:

1. Su-e-Mizaj Haar kulya (Hot kidney temperament derangement)

Due to extreme heat or mood disorders, the kidneys absorb too much water from circulation. As a result, they are unable to hold onto much fluid, which is why patients have polyuria (frequent urination) and polydipsia (frequent drinking of water to quench their thirst).[6,11]

2. Su-e-Mizaj Barid Kulya, or Cold Derangement in Kidney Temperature

Ziabetus can occasionally arise from the kidneys being exposed to extreme cold, which might cause suit mizaj barid, or cold temperament disorder.[4,12]

3. Renal insufficiency/weakness of kidneys, Zoaf-ul-Kulya

The weakening of the kidneys and its Quwate masika make it impossible for water to be retained adequately.[6,12, 4]

4.Barudat-e-kabid wa kulya, or "cold derangement in liver and kidney temperature,"

Sue mizaj barid, or cold derangement in temperament, is caused by overexposure of the entire body, liver, or kidneys to cold.[5,12,13, 14]

5.Kidney and urinary tract dilatation, or Ittisa-ul-kulya wa Majrā-e-Bawl

Water passes out quickly because dilation of the kidneys and tubules, also known as kulya wa Majrae Bawl, prevents it from being held for an extended period of time.[11, 12, 13]

LINE OF TREATMENT:

1. Correction of Su-e-Mizaj :

Unani system of medicine is effective in correction of temperament (Sue-Mizaj) and hence is helpful in progression of the disease.

2. Correction of the underlying pathology of the disease i.e. sabab ka izala.

For the treatment of Diabetes ,Phytomedicine used in Unani medicine presents an exciting opportunity for the development of new treatment opportunities for diabetes mellitus with a holistic approach, which includes various photochemical groups such as alkaloids, terpenes, and phenolics.

The drugs used for the same can be compound i.e. murakkab or single drugs i.e. mufrid. Murakkab drugs are utilized in the form of decoctions, infusions, tablets, pills, and powder such as Qurse Dhayabitus, Qurse Tabasheer, Safoof Gilo, Qurse Marwareed, Qurse Gulnar, Dawaul Misk Talkh.

However the mufrid drugs used include:

- **Gudmar boti** (*Gymnema sylvestre*): This amazing herb is known as Madhunashini in Sanskrit, Gurmar or Gudmar in Hindi, all of which literally means one that destroys sugar.
- **Giloy** (*Tinospora cardifolia*): It is a woody climber belonging to the family Menispermaceae. The drug consists of dried, mature pieces of stem as well as the starch collected from its stem.
- It has Nafi'Dhayabitus (antidiabetic), Musaffi-i-Dam (blood purifier), Musakkin-i-Alam (Analgesic), Mudirr-i-bawl (diuretic), Mufattih-i-Sudad (deobstruent) properties.
- **Jamun** (*Syzygium cumini* Linn): *Syzygium cumini* Linn. commonly known as Jamun or black plum is an important medicinal plant in Unani System of Medicine used commonly for the treatment of Diabetes mellitus and other ailments. Different parts of the Jamun were reported for its Nāfi'-i-Dhayābītus (antidiabetic), Qābid (Astringent), Hābis-i-Dam (haemostatic), Muquwi-i-Bāh, Dāfi-i-Salas al-bawl (helpful in urinary incontinence).
- **Tukhme Hulba** (*Trigonella foenum*): Diabetics must include methi (either in the form of seeds or leaves) in their diet. Because galactomannan, a natural soluble fibre present in fenugreek slows down the rate of sugar absorption into the blood. It also contains amino acids responsible for inducing the production of insulin.

Other important drugs include Amla (*Embilica officinalis*) and karela (*Momordica charantia*) which exert anti-diabetic property.

CONCLUSION:

Even with significant advances in medical research, there is still no adequate or reliable treatment for diabetes. due to the fact that diabetes cases are steadily rising, particularly in India. For those with diabetes, the comprehensive approach of Unani treatment offers hope . Correcting temperamental disorders, weakening or insufficient kidney function, dilation of the kidneys and urinary system, and other conditions may be the most effective preventive and therapeutic measures to stop the disease's progression in Unani prospects. Many single and combination medications are utilized to treat Zika and its consequences, but large sample sizes and scientific confirmation are still needed.

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