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Mohammad Anas
P G Scholar D/o. Moalijat
AKTC, AMU Aligarh, Uttar
Pradesh, India

Tanzeel Ahmad
Professor & Chairman D/o.
Moalijat AKTC, AMU Aligarh,
Uttar Pradesh, India

Mohd. Anwar
Professor D/o. Ilaj-Bit-
Tadbeer AKTC, AMU Aligarh,
Uttar Pradesh, India

Jamal Azmat
Assittant Professor D/o.
Moalijat AKTC, AMU Aligarh,
Uttar Pradesh, India

Corresponding Author:
Mohammad Anas
P G Scholar D/o. Moalijat
AKTC, AMU Aligarh, Uttar
Pradesh, India

Chronology of literature on Dyslipidaemia (*Dasoomat-fid-Dam* and *Siman-e-Mufrit*): Unani perspective

Mohammad Anas, Tanzeel Ahmad, Mohd. Anwar and Jamal Azmat

Abstract

The term dyslipidemia origins from dys- + lipid (fat) + -emia (in the blood), and essentially refers to serum lipid disorders. By definition, dyslipidemia is a disorder of lipoprotein metabolism in terms of either lipoprotein overproduction or deficiency.

There is no description of dyslipidemia in classical *Unani* literature, many of the *Unani* physicians described dyslipidemia under the heading of *Dasoomat-fid-Dam* (Presence of fatty materials in the blood). The eminent *Unani* scholars considered *Siman-e-Mufrit* and *Dasoomat-fid-Dam* either as a singles disease or sequel of each others. It has been one of the major concerns of the health since time immemorial Buqrat (Hippocrates) was the first, who gave detailed description of *Siman-e-Mufrit* including its complication. Later on most of Unani physicians like Jalinoos, Majoosi, Ibn Rushd have described the concept of Shaham and Siman-e-Mufrit in their treatises. The aim of this paper to arrange a chronology of available literature on *Dasoomat-fid-Dam* and *Siman-e-Mufrit* in Unani system of medicine.

Keywords: *Dasoomat-fid-Dam* and *Siman-e-Mufrit* Unani medicine, Chronology.

Introduction

The term dyslipidemia origins from dys- + lipid (fat) + -emia (in the blood), and essentially refers to serum lipid disorders. Dyslipidemia are generally characterized by increased plasma level of cholesterol, triglycerides, or both variably accompanied by reduced level of HDL cholesterol.¹³ There is no description of dyslipidemia in classical *Unani* literature, many of the *Unani* physicians described dyslipidemia under the heading of *Dasoomat-fid-Dam* (Presence of fatty materials in the blood). The eminent *Unani* scholars considered *Siman-e-Mufrit* and *Dasoomat-fid-Dam* either as a singles disease or sequel of each others.

Historical Background

Buqrat (460 B.C.) was the first *Unani* physician who offers comprehensive description of *Siman-e-Mufrit* including its complications and association with other disease. He mentioned that obese individuals are more vulnerable to sudden death as compare to lean and thin individuals^[1].

Rufas (98-171 AD) stated that in obesity approximately has a double chance of suffering with severe disease like syncope, epilepsy, hemiplegia etc. He also said that rise of abortion is high in obese female^[2].

Jalinoos (129-200AD) an eminent roman physician was the first constituted scientific point of view to described morbid obesity. He also explained the different mechanisms and procedure to combat obesity^[3].

Raban Tabari (810-895 AD) in his famous book '*Firdaus-ul-hikmat*' gives full description of the causes, Pathophysiology of *Siman-e-Mufrit*. He also says that the most important cause of *Siman-e-Mufrit* is sedentary life style like excessive pleasure, happiness joy etc^[4].

Zakariya Razi (885-925 A.D.) in his famous book '*Kitabul Mansoori*' described the particular treatment of obesity, which includes *Ilaj-bil-Ghiza* (Dietotherapy), *Ilaj-bil-Tadbeer* (Regemenal Therapy) and *Ilaj-bil-Dawa* (Pharmacotherapy)^[5].

Majoosi (930-944 A.D.) in his book "*Kamil-us-Sanaa*" mainly emphasized on its pathophysiology, and say that *Harate Ghariziya* of obese individuals diminished gradually, due to this, they die earlier than normal ones^[6].

Ibn-e-Sina (980-1037 A.D.) in his famous book '*Al-Qanoon-fit-Tibb*' says that excessive body fat causes narrowing of blood vessels which hinders the blood flow as an and obese person has more risk to develops palpitation, dyspnoea, paralysis, etc. He also emphasizes on *Taqleel-e-Ghiza*, *Hammam* and Exercise as an important tools for management of *Siman-e-*

Mufrit^[7].

Ibn-Hubal Bagdadi (1121-1288 A.D.) says that obese person has more risk to develop disease. He advised obese person should takes dried food items^[8].

Ibn-e-Rushd (1126-1198 A.D.) said that excess of fat in the body is bad signs and symptoms and can cause death due to coldness of the body organs^[9].

Ismail Jurjani (1140-1236 AD) in his Book '*Zakhira Khawarzam Shahi*' well described about the complication of *Siman-e-Mufrit* like Abortion, Uteral insufficiency and less sexual desire. He also mentioned that the treatment of obesity is very difficult; venesection and use of purgatives are contraindicated in obese person^[10].

Ibn-Nafis (1207-1288 A.D) has tried to explain the relation between *Siman-e-Mufrit* and cardiovascular diseases, cerebrovascular diseases as well as respiratory and reproductive ailments^[11].

Akbar Arzani (1722 A.D.) in his book '*Tibb-e-Akbar*' quoted that, severe obesity is not good and it can leads to several life threatening complications like syncope, coma etc.^[12].

Table showing Chronological Order of Literature on Dyslipidaemia (*Dasoomat-fid-Dam and Siman-e-Mufrit*) according to Unani System of Medicine

Period	Source	Author
129-200 AD	<i>Fusool-e-Buqrat ma Talkhees-e-Jalinoos</i>	Jalinoos (Galen)
990 AD	<i>Ghina Minna and Moalejat-e-Mansoori</i>	Abu Mansurul Hasan bin Noohul Qamri
810-895 AD	<i>Fidaus-ul-Hikmat</i> (Paradise of Wisdom)	Abul Hasan Ali bin Sahel Rabban Tabri
850-923 AD	<i>Kitab Al-Mansuri</i>	Abubakr Mohammad bin Zakariya Razi (Rhazes)
930-994 AD	<i>Kamil-us-Sana</i> which is also known as <i>kitab-ul-Malki</i> or <i>Kitab-ul-Qawaneen</i> or <i>LiberRagius</i>	Ali ibn Abbas Majusi (Haly Abbas)
980-1037 AD	<i>Al-Qanoon Fit Tibb (The Canon of Medicine)</i>	Ibn Sina (Avicenna)
13 th cent. AD	<i>Kitab-ul-Mukhtarat fit Tibb</i>	Ibn Hubal Baghdadi
1126-1198 AD	<i>Kitabul Kulliyat</i>	Ibn Rushd (Averroes)
12 th cent. AD	<i>Zakheera Khwarzam Shahi (Encyclopedia of Tibb)</i>	Sharafuddin Ismail Jurjani
1722 AD	<i>Tibb-e-Akbar</i>	Akbar Arzani

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