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 originates 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 single disease or sequel of each others. It has been one of the major concerns of the health since time immemorial Bugrat (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 originates from dys- + lipid (fat) + -emia (in the blood), and essentially refers to serum lipid disorders. Dyslipidemia is generally characterized by increased plasma level of cholesterol, triglycerides, or both variably accompanied by reduced level of HDL cholesterol.1 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 single disease or sequel of each others.

Historical Background
Bugrat (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 Taqfeel-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 take dried food items [9].

*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 [8].

*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-Nafs* (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 lead to several life threatening complications like syncope, coma etc. [12].

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

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


