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A comprehensive study accentuating unani formulations as a natural health boosters

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Abstract

There are several natural remedies that not only help us to feel better, but have also been proven to boost the immune system. Nourishing herbal teas, decoctions, aromatic flavored munchies and dietary supplements fall under the category of naturopathy, or naturopathic remedies. Essential food nutrients required by our body are carbohydrates, fats, proteins, minerals and vitamins. If anyone of these nutrients is in less quantity than required or missing altogether from our diet, then it can cause a disease. Disease arises from the lack or deficiency of the nutrients like carbohydrates, fats, proteins, minerals or vitamins in our diet are termed as nutritional deficiency disease. In other words, a disease, which arises due to lack of balanced food or in adequate is called deficiency disease or even called as nutritional disorders. Unani System of Medicines are regarded as a nature's gift to human beings as it promote, restore, uphold and maintain health in a finest natural way. It is a System of Medicines that are affordable than conventional medicine, trouble-free to obtain than modern medicine and majority of its preparations are pleasant to consume and these are the adorable benefits of this scientifically accepted System of Medicines. An off shoot of Unani System of Medicines that dealt with deficiency disease or nutritional disorders is Dietotherapy (Ilaj-Bil-Ghiza). It is a therapy by which patients are treated with a non medicinal regimen from which health is restored and attained. The imbalance in the body due to wayward lifestyles is maintained by modulation or transformation of dietary habits. Unani System of Medicine are having a prudent fundamentals for balanced lifestyle revolves around six essential factors and noncompliance with these fundamentals leads to an errant lifestyle and ultimately leads to disease. Diet is an important component of these essential prudent fundamentals. Unani System of Medicines are having the evidence based cure to the deficiency disorders that accomplished by the vast treasure of mufridat (single drugs) and murakabat (compound formulation) used as a natural health boosters.

Keywords: unani medicine, nutritional deficiency diseases, unani preparations, vitamins, minerals & proteins

Introduction

India is a third of world's total population, as per Global Nutrition Report 2018, that home to 46.6 million underdeveloped children. Nearly half of all under-5 child mortality in India is due to the under nutrition. It is a well known fact that the no country can aim to achieve economic and social development goals without addressing the issue of malnutrition, About 60% of India's nearly 1.3 billion people live on less than \$3.10 a day, the World Bank's median poverty line and 21%, or more than 250 million people, survive on less than \$2 a day they cannot have a balance diet. Coupled with this is the fact that there is widespread ignorance in making the best use of available local foods. Today, the richest 10% in India controls 80% of the nation's wealth, according to a 2017 report published by Oxfam, an international confederation of agencies fighting poverty^[1, 2, 3].

Chronic and acute under nutrition are high in India. More than half (53 percent) of all children under age four are underweight and a similar proportion (52 percent) are stunted. Moreover 21 -29 percent of children are severely undernourished according to the weight-for-age and height-for-age measures. It was observed that one in every six children is excessively thin (wasted). Under nutrition varies substantially by the age of the child, being lowest in the first six months of life when the majority of children are fully breastfed. Variation in nutritional status by mother's education and place of residence is substantial. For instance, children whose mothers are illiterate are twice as likely to be underweight or stunted as children whose mothers have completed high school^[2, 4].

Under nutrition among young children is relatively low in Kerala (29 percent are underweight and 27 percent are stunted). Other states with relatively low levels of under nutrition are Manipur, Mizoram, Nagaland and Goa. Under nutrition is particularly high in

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Bihar and Uttar Pradesh. The problem of wasting is most evident in Bihar and Orissa, which also have among the highest infant mortality rate in the country^[5].

Hindu, Muslim and Buddhist children are about equally likely to be undernourished. The levels of under nutrition are much lower for Christians, Sikhs and Jains. Scheduled caste and scheduled tribe children have slightly higher levels of under nutrition than other children, but the differences among these groups are generally small^[6].

Like immune reaction and infection, nutrition can affect any organ of the body or several at once. Different specialist uses different part of the whole field of human nutrition regularly. Cardiologist are interested in dietary fat and plasma cholesterol, Nephrologist in protein deficiency and potassium excess, Gastroenterologist in multiple deficiencies for malabsorption in dietary fiber and hypersensitivity to wheat and milk, Neurologist are interested in thiamin deficiency, Haematologist in deficiencies of iron, foliate and vit. B12, Geriatrician in the effects of drugs on nutritional status so and so forth. When malnutrition occurs it is likely to involve only one nutrient. Even if the clinical features suggest a single deficiency, biochemical test usually reveal depletion of other nutrient. Treatment should therefore not be confined to large intake of the nutrient whose deficiency is indicated by clinical sign^[4, 7].

Unani System of Medicine has vast range of drugs of plants origin, animal origin and even of mineral origin to cope up with these deficiency disorders. As far as specific disorders there are specific drugs too, for combating. As for treating iron or calcium deficiencies Unani formulation is trustworthy and safe. Keeping in view of fulfillment of different body needs as for protein, minerals, carbohydrates and vitamins there are also many therapeutic and time tested Unani formulations which restore youthfulness and vigor. If we are considering Unani System of Medicine as part of treatment of the deficiency diseases, then following aspects may be looked for in details^[8, 9].

- Protein-Energy deficiency diseases
- Mineral deficiency diseases.
- Vitamin deficiency diseases.
- Factors leading to deficiency in nutrition.
- Dearth in the intake of balance diet.
- Dearth in the intake of Minerals.
- Dearth in the intake of Vitamins.

The sooner the therapy is started or administered to the individual better is the result. In more advance cases this therapy takes much more time to works.

Antiquity through Enlightenment^[6, 10, 11, 12].

- The paramount scientific statement pertaining to nutrition was proclaimed in 400 BC by Hippocrates who stated that, "Let food be your medicine and lets medicine be your food."
- In 1500s Leonardo da Vinci a renowned scientist laid the emphasis on metabolism and stated that "metabolism is just like a burning candle".
- A doctor in the British navy in 1747, Dr. James Lind proclaimed the first scientific nutrition experiment. Dr. James tested that lime juice saved sailors who had been at sea for years from scurvy. Scurvy is a deadly and painful bleeding disorder of oral cavity. Though this discovery was ignored for forty years, after which

British sailors became famous as "limeys." The vital vitamin C within lime juice would not be established by scientists until the 1930s.

- In 1770 the Antoine Lavoisier who was regarded as the Father of nutrition and Chemistry, discovered the details of metabolism. He demonstrated that the oxidation of food is the source of body heat.
- In 1913 Elmer V. McCollum discovered the first vitamins. It was the fat soluble vitamin A, and water soluble vitamin B.
- In 1914 Dr. Joseph Goldberger the US Surgeon General sent, a physician in the Public Health Service, south to investigated the cause of pellagra.
- In 1918 Sir Edward Mellan demonstrated that a dietary deficiency causes rickets and that this dietary deficiency could be treated with cod liver oil.
- In 1929 Professor Sir Frederick Gowland Hopkins won the 1929 Nobel Prize in Physiology or Medicine for the discovery of vitamins.

In 1940 Dr Elsie Widdowson and Professor Robert McCance wrote "The Composition of Foods" It was regarded as the foremost nutrition publication and the basis of most nutritional databases around the globe.

Table 1: Effective component as a Natural Health Boosters in Unani Formulations

Plant Origin ^[8, 9, 13-11, 19, 38]	
Nigella sativa	Avena sativa
Pistacia Lentiscus	Rauwlfia serpentina linn
Emblica Officinalis	Prunus amygdalus
Phoenix dactylifera linn	Crocus sativus linn
Anacardium occidentale L	Vitis vinefera
Punica granatum L	Centaurea behen linn
Psidium guajava Linn.	Punica granatum
Ficus carica Linn.	Aloe Barbadosis
Daucus carota	Citrus lemon
Phoenix Dactilifera	Carica papaya linn.
Citrullus lanatus	Cucumis melo
Olea europaea L.	Curcuma longa
Trigonella foenum-graecum L	Triticum aestivum L.

Table 2: Mineral Based and Animal Origin

Mineral Based ^{19,20,21}	Animal Origin ^[8, 22, 23, 24]
Emerald	Silk Cocoon
Iron rust	Crab
Mercuric Chloride	Shell
Calcium	Pearl
Copper	Musk
Potassium Nitrate	Coral
Zinc	Ambergris
Potassium Carbonate	Honey
Selenium	Skink

For nutritional point of view many drugs are described in Unani classics and prescribed by Unani Physicians which are also well known for the accomplishment of nutritional deficit, rejuvenation, vigor and there proven efficacy to tone up health. These drugs having least side effects. As these Unani preparation also used as an alternate to modern drugs. Keeping in view of fulfillment of different body needs as for Protein, Iron, Calcium, Minerals and Vitamins. If anyone of these nutrients is in less quantity than required or missing altogether from our diet, then it can cause a disease. Since this disease arises from the lack or deficiency of the nutrients in our food, it is called a deficiency disease. So

you may say that: A disease which arises due to the lack of a nutrient like carbohydrates, fats, proteins, minerals or vitamins in our diet is called a deficiency disease. In other words, a disease, which arises due to lack of adequate balanced food, is called deficiency disease or even called as nutritional disorders^[19, 25, 26]. There are also many therapeutic and time tested and general Unani preparations which keep you fit in all dimensions of health either Physical or Mental. These Unani preparations are much more efficient than the modern treatment of nutritional deficiency diseases. It fulfills the specific nutritional requirement with ease. The mode of administration, the method of preparation, the dosage, and the precaution while administering these preparations vary from drugs to drugs^[25, 27, 38].

The use of Polyherbal formulations (PHFs) in Unani System

of Medicine has stood the test of time. Polyherbal formulations provide treatment of diseases in a well-defined holistic approach. The scientific advancement are carried out with the passage of time as an improvement in Unani formulation of PHFs, through the study of various phytoconstituents and discovery of useful mufridat combinations. PHFs work synergistically to produce desirable effect. Today, the “resurgence” of Unani formulations has occurred the world over, owing to its remarkable efficacy, meager of side effects and better acceptability than conventional medicine. The majority of the time, they resulted in benefited effect and safety, making them one of the exceedingly preferred formulations of choice^[19, 28, 29].

Table 3: Natural Health Boosters Unani Preparations^[25, 26, 30-38]

Protein Supplements	
Ma-ul-Lehem Khas	Majoon Injeer
Kushta Baiz-e- Murgh	Safoof Gond Katire Wala
Halwa Baiz-e-Murgh	Laboob-e- Sagheer
Araq Sheer Murakkab	Laoq-e-Badmn
Roghan Badam	Roghan Laboob-e-saba
Vitamins Supplements	
Jawarish Amla	Sharbat Fwakeh
Jawarish Fwakeh	Murabbajat
Jawarish Shahi	Rubb-e-Anar
Asanasiya	Gulqand
Habbai Papita	Anoshararoon
Jwarish Anarain	Sikanjaibeen Fwakeh
Itrifal Ghardi	Murabba Amla
Calcium Supplements	
Qurs Sadaf	Kushta Sadaf
Kushta Quarnulail	Kushta Marj an
Khamira Marwareed	Qurs Keherba
Majoon Ard Khurma	Majoon zabeeb
Itrifal Kishmish	Shurbat Angoor
Anoshararoon Lolooi	Khamira Sadaf
Minerals Supplements	
Safoof-e-Imlah	Kushta Musallas
Nmak Chirchatta	Kushta Hajar Ul Yahoood
Kushta Sang-e-Jarahat	Kushta Zamurrad
Namak Jou	Dwa Ghar
Namak Sulaimani	Ma-al-Fiza
Iron Supplements	
Sharbat-e-Faulad	Qurs Damwi
Kushta khubsulhadeed	Majoon Fanjosh
Majoon khubsulhadeed	Habb-e Khubsul Hadeed
Majoon Khubsul Hadeed	Habbai Khas
Nerveine Energizer	
Dimagheen	Majun Muqawi Dimagh
Khamira Sandal	Majoon Falasfa
Dwa Al Shifa	Khamira Gawzaban Ambari
Majun Azaraqi	Iksir Shifa
Itrifal Muqawwi Dimagh	Roghan Khashkhash
Habbe Ayaraj	Habbe Shifa
General Tone up preparations	
Mufarehe Azam	Yaqooti
Khmeera Abreshm	Jawarish Shahi
Khmeera Marwareed	Jawarish Mastagee
Khmneera Gauzaban	Halwa Ghee Gwar
Dwa ul Misk	Jawarish Fwakeh
Ambari	Angoori
Zahbi	Jawarish Amla

Conclusion

In Unani system of medicine various methodology is being applied for the desired benefits such as Ilaj bil-Ghiza (dietotherapy) and Ilaj bid-Dawa (pharmacotherapy). Dietotherapy aims at treating certain ailments by administration of specific diets of by regulating the quantity and quality of food. On the other hand pharmacotherapy deals with the use of naturally occurring drugs, mostly herbal. The use of Polyherbal formulations (PHFs) in Unani System of Medicine from ancient time is regarded as a great potential of the formulations. The drugs of animal and mineral origin are also has stood the test of time. In fact, the ancient physicians of Unani Medicine were pioneers in this field and had developed their own methodology and.

In Unani Medicine, single drugs or their combinations in raw form are preferred over compound formulation. The system offers time-tested and excelled remedies for gastrointestinal cardiovascular and nervous disorders. The naturally occurring drugs used in this system are symbolic of life and generally free from side-effects. And such drugs which are toxic in crude form are processed and purified in many ways before use. Since in this system, great importance is attached to the temperament of the individual, the medicines administered are such that go well with the temperament of the patient. Thus accelerating the process of recovery.

As 'Unani preparation are lacking due to the lack of advertisement and publicity. But our counterpart Ayurveda is gaining popularity day by day even abroad. There is a need of vast thinking, hard work, devotion and the researches. Mainly the cooperation is needed by all of us to work together for the upliftment of Unani Medicine, To show the world that our is the best. As this Era is an era of natural and herbal therapy and Unani Medicine are having enough potentiality to strengthen the body to combat the Nutritional Deficiency Disorders, different ailments and to cope with the stress and strain of fast modern life.

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