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## Concept of *Irq al-nasa* (sciatica) and its management in Unani system of medicine

**Shahid Suhail, S Shakir Jamil, Shama Khan, Shazia Jilani and Shabnam Ansari**

### Abstract

Sciatica is considered a type of neuropathic pain and is one of the commonest variations of low back pain (LBP). It is a subgroup of Low Back Pain, involving nerve root compression, and this condition has a life time prevalence of 4-5%. In Unani system of medicine, sciatica is known as *Irq al-Nasa* and *Rengan*. Unani scholars defined *Irq al-Nasa* (sciatica) in details and throw light about its probable patho-physiology, symptoms management and treatment as described in ancient book. In this review paper, an attempt has been made to explore the understanding of *Irq al-Nasa* (sciatica) in the light of Unani literature. Various kind of drug, non-drug *Ilaj bil-tadbeer* (regimenal therapy) practised for the management of *Irq al-Nasa* (sciatica) are discussed in full length paper. Also, there is brief review of patho-physiology, clinical a presentation and principal of treatment are focused in this paper.

**Keywords:** *Irq al-Nasa* (sciatica), Unani medicine, patho-physiology management, *Ilaj bil-tadbeer*, *cupping*, *habbe suranjani*

### Introduction

The term sciatica is derived from Greek word sciatica it means hip pain [1]. Sciatica is pain in the area of distribution of the sciatic nerve (i.e. over the buttock, the posterior thigh, the posterior or posterior lateral leg, and the foot, dorsal or planter) [2]. It is a symptoms and not a disease. The symptom is pain, which starts in the back and radiates down one or both lower limbs [3]. It is known by a range of terms in the literature, such as lumbo-sacral radicular syndrome, radiculopathy, nerve root pain and nerve root entrapment or irritation [4, 5, 6]. Most common causes of the sciatica include lumbar disc herniation while bony or vascular compression, infection or malignancy is the other less common causes. There are also some rare causes for sciatic pain such as tumours, cysts or other extra spinal cause. [7] Prevalence rate of sciatica differ widely among studies partly due to difference in definition of sciatic symptoms. A recent review of sciatica prevalence studies reported a substantial variation in estimate ranging from 1.6%-43% [8].

In Unani system of medicine, Various Unani scholars defined *Irq al-Nasa* (sciatica) in details and throw light about its probable patho-physiology, symptoms management and treatment as described in ancient book. Some among them are as follows- *Irq al-Nasa* is an Arabic term, whose literal meaning is "name of a nerve" which starts from gluteal region and continues up to the ankle, and pain associated with nerve is termed as *Irq al-Nasa* [9]. *Ibne Sina* (980-1037AD) elaborated *Irq al-Nasa* as one of the arthralgia characterized by hip pain which radiates toward the groin up to the ankle [10]. sciatica is known as *Irq al-Nasa* and *Rengan*. It is a subtype of *Waja-ul-Mafasil* and has been described as a pain that initiates from lower back and radiates up to knee or ankle joint on the lateral aspect of the lower limbs [11, 12].

*Mohammad Ismaeel Jurjani* (930-994 AD) described the pain which originates from ischial joint and radiates toward leg is known as *Irq al-Nasa*. [13] *Ibn-e-Hubal Baghdadi* (d. 1213 A.D.) define *Irq al-Nasa* as *Razi* (865-925 A.D.) with the addition as "a pain starts from hip and radiates from the lateral of the thigh up to calf muscles. [14] *Abu Marwan Abdul Malik Ibne Zuhar* (1092-1162) quoted about *Irq al-Nasa* that the pain some time originate from foot and radiates up to upper most part of the thigh that can be affected to any of the leg with mild discomfort [15].

Pathophysiology Regarding the patho- physiology and causes of *Irq al-Nasa*, Unani scholars mentioned that the cause of *Irq al-Nasa* are derangement in *Akhlat* (Body fluids/humour's) either *Khilt-e- Damwi Ghaleez* (viscid sanguineous humour) *Khilt-e- Balghami Ghaleez*

(viscid phlegmatic humour) which deposit in *Mafsil-i-Warik* (hip joint) and leads to pain, sometimes it may cause dislocation of joint [11]. There are involvement of *maddah* in *Irq-al-Nasa*, this *maddah* may be *Khilt-e- Damwi*. (sanguineous humours) *Khilt-e- Balghami*, (phlegmatic humour) *Makhloot Balgham wa Safra* (mixed phlegmatic bilious) [16, 17]. Abul Hasan Ali Ibne Rabban Tabri (770-780 A.D.) described *Irq al-Nasa* and mentioned *Safra* (bile) and standing of sun as its cause.<sup>18</sup> Some of scholar among them also explained predisposing factors of sciatica i.e. lack of exercise, indigestion, intake of excessive alcohol, weakness of ligaments, excessive coitus, chronic coryza etc [13]. Clinical Features is pain and heaviness in *Mafsil-i-Warik* (hip joint) and radiates up to knee or ankle joint on the lateral aspect of the lower limb, burning, numbness and paraesthesia in the same distribution, tingling, pins and needles [9], muscle weakness, slow gait, *nabz zaeef*, *sagheer* and *kaseef*, sometime fever & diarrhoea, leg very thin and weak.<sup>16</sup>

### **Usool-e-Ilaj (Principle of treatment)**

Principle of treatment of sciatica in Unani system of medicine is based on basic fundamental etc.

- *Tanqiya-e-Mawad-e-Fasida* (Cleansing and elimination of morbid material)
- *Tahleel-e-Warm* (Resolution of inflammation)
- *Taskeen-e-Dard* (Pain relief)

***Tanqiya-e-Mawad-e-Fasida*** (Cleansing and elimination of morbid material)

It is done by various modes of method like *Fasd* (Venesection) *Ishaal* (Purgation), *Qai* (Emesis) *Idrar* (Diuresis). These are common method used for *Tanqiya-e-Mawad-e-Fasida* (elimination of morbid material) while less commonly used methods practiced are *Hijamah* (Cupping), *Huqna* (Enema).

***Tehleel-e-Warm*** (Resolution of Inflammation)

*Warm* (Inflammation) is resolved either by oral administration of Unani drugs or by *Zimad* (Poultice). Various *Ilaj bil-Tdbir* (regimenal therapy) on affected joints are also practiced for purpose of resolution of inflammation. These are *Nutool* (wet formentation), *Aabzan* (Sitz Bath), *Hammam* (Turkish Bath), *Inkibab or bukhoor* (steam bath), *Tila* (linament). These therapy are effective in resolution of inflammation as well for relieving pain too.

***Taskeen-e-Dard*** (Pain relief)

It is done by various modes of method like *Safoof* (Powder), *Hammam* (Turkish Bath), *Zimad* (Poultice), *Tila* (linament).

***Tanqiya-e-Mawad-e-Fasida*** (Cleansing and elimination of morbid material)

*Tanqiya-e-Mawad-e-Fasida* (elimination of morbid material) is done by various therapies like *Fasd* (Venesection), after that *munzij* and *mushily* therapy, *Huqna* (enema) are advised.

*Fasd* (Venesection)-In case of *ghalba-e-dam*, *Fasd-e-Basaleeq* (Basillic Venesection) and *Fasd-e-Irq-un-nisa* (Sciatic Venesection) is advocated by Unani scholar in classical literature.<sup>19</sup> According to Ibne-Habtullah if pain due to *Khoone-Ghaleez* (viscid blood) *Fasd-e-Basaleeq* (Basillic Venesection) same side is advisable. If *dard shadeed* (sever pain) and *Sahar* (Insomnia) venesection of

opposite veins *Fasd-e-saafin* (Saphenous Venesection) or *Fasd-e-Irq-un-Nisa* (Sciatic Venesection), According to Maseehi *Fasd-e-Baasaleeq* (Basillic Venesection) [20]. According to Majusi if cause of *Irq al-Nasa* is derangement in hot temperament, then it is advisable to do *Fasd-e-Baasaleeq* (Basillic Venesection) on affected side followed by light diet. After that *Habb-e- Suranjan* is prescribed [11].

*Munzij* and *Mushil* Various drugs are used for *munzij* (concoctive purpose) like *Unnab* (*Zizyphus jujuba* Linn.), *Shahtaraj* (*Fumaria indica*), *Banafsha* (*Viola odorata* Linn.), *Tukhm-e-Kasni* (*Cichorium intybus* Linn.seed), *Bekh-e-Kasni* (*Cichorium intybus* Linn.root), *Parsiyaonsha* (*Adiantum capillaris-veneris* Linn), *khayar/Khira* (*Cucumis sativus* Linn.), *Kakri* (*Cucumis melo* Linn.), *Gul-e-Surkh* (*Rosa damascena* Mill.), *Baadiyaan* (*Foeniculum vulgare* Mill), *Bekh-e- Baadiyaan* (*Foeniculum vulgare* Mill.root), *Gaozaban* (*Onosma bracteatum*), *Khatmi* (*Althaea officinalis* Linn.), *Maweezaj* (*Delphinium staphysagria*) and *Gulqand* are utilized.

After *munzij* therapy, then *mushil* therapy is started. For this purpose drugs used are *Halelah* (*Terminalia chebula* Retz.), *Aftimoon* (*Cuscuta reflexa* Roxb.), *Turbud* (*Operculina turpethum* Linn.), *Ghariqoon* (*Polyporus officinali*), *Zanjabeel* (*Zingiber officinale*), *Sana* (*Cassia senna* Linn.), *Qurtum* (*Carthamus tinctorius* Linn.), *Amaltaas* (*Cassia fistula* Linn.), *Turanjabeen* (*Alhagi maurorum*), and *Badam Talkh* (*Prunus amara*) [12].

In case of *safra*, *Fasd-e-Baasaleeq* (Basillic Venesection) and *Fasd-e-Haft Andaam*. Along with *Is-Hal* (Purgation) with *Tabeekh* (Decoction) of *Halelah* (*Terminalia chebula* Retz.) are advocated. Afterwards, *Sheera khayar* (*Cucumis sativus* Linn) *Sheera Kakri* (*Cucumis melo* Linn.) with *Sharbat-e- Nilofer*, (*Nymphaea alba* Linn.) *Aab-e-Tamar Hindi* (*Tamarindus indica* Linn.) with *Sikanjabeen*, *Naqoo Tamarhindi* (*Tamarindus indica* Linn.) with *Sharbat-e-Banafsha* (*Viola odorata* Linn.) are prescribed [20].

According to Jurjani Ilaqi, if cause of the disease is *khlite-e-Balghm*, then go for *Qai* (Emesis) after that *Advia mushila* are advised like *Habb-e-Sheetraj* (*Plumbago zeylanica* Linn.) *Habb-e-Mumtin*. For *Tanqiya-e-Mawad-e-Fasida* (elimination of morbid material), *Huqna* is also advisable. For *huqna* various drugs like *Qanturiyoon Daqeeq* (*Erythaea centaurium*), *Sham-e-Hanzal* (*Citrullus colocynthis*), *Shibt* (*Anethum sowa*), *Sirka* (Vinegar) *Suranjaan* (*Colchicum luteum*), *Buzidan* (*Orchis laxiflora* Lam.) *Maahi Zahraj* (*Verbascum thapsus* Linn.) *Aaqarqarha* (*Anacyclus pyrethrum*) are used [13, 20].

***Huqna* (enema)**- *Huqna* is a process used from the time of Galen for the elimination of morbid material. Decoction of various drugs are administered through the anus in this process and this leads to elimination of morbid material through purgation. Various drugs used in *huqna* for management of *Irq-al-Nasa* are mentioned below.

***Huqn* (enema)** *Matbookh Irsa* (*Iris ensata*) [21], *Huqn* (enema) *Asaaroon* (*Asarum europaeum* Linn.) *Maa-al-A'sal* (Honey water), *Huqn* (enema) *Hurf* (*Lepidium sativum*) *Aab* (water) [16] *Huqna* (enema), *Bekh Raasan Koftah* (*Inulath elenium* Linn root) *Aab* (water) *Asl* (Honey) *sirka* (Vinegar), *Huqn* (enema) *Hurf* (*Lepidium sativum*) *Aab* (water) *Zaitoon* (*Olea europaea*) [22], *Huqn* (enema), *Hurf* (*Lepidium sativum*) *Hanzal* (*Citrullus colocynthis*) *Kabar* (*Capparis spinosa* root) *Qanturiyoon Daqeeq* (*Erythaea centaurium*),

Hanzal (*Citrullus colocynthis*), Sheetraj Hindi (*Plumbago zeylanica* Linn.), Qissa-al-Himaar (*Pueraria tuberosa* DC.), Majeeth (*Rubia cordifolia* Linn.)<sup>[13, 16]</sup>, Huqn (enema) Roghan-e-Qurtum (*Carthamus tinctorius* Linn.), sirka (Vinegar) Sha'eer (*Hordeum vulgare* Linn.), Huqn (Enema) Qanturiyoon Daqeeq (*Erythaea centaurium*), Hanzal (*Citrullus colocynthis*), Shibt (*Anethum sowa*), Saboos Gandum (*Triticum aestivum* Linn.), Injeer (*Ficus carica* Linn), Qurtum (*Carthamus tinctorius* Linn.), Muqil (*Commiphora mukul*), muri (Vinegar), Asl (Honey) Raughan-e-Nardan (*Salix acmophylla* Boiss.), Raughan-e-Qust (*Saussurea hypoleuca* Spreng.)<sup>[20, 22]</sup>. Huqn (Enema) Maahi Zahraj (*Verbascum thapsus* Linn.), Qanturiyoon Daqeeq (*Erythaea centaurium*), Zarawand Taweel (*Aristolochia longa*), Bekh Kabar (*Capparis spinosaroot*), Kharbaq Siyah (*Helleborus niger* Linn.), Kharbaq abyaz (*Veratrum viride* Ait.), Hurmul (*Peganum harmala*), Suranjan (*Colchicum autumnale* Linn.), Aaqarqarha (*Anacyclus pyrethrum* DC.), Hanzal (*Citrullus colocynthis*), Maazyoon (*Daphne mezereum*), Maghz Qurtum (*Carthamus tinctorius* Linn.), Tukhm Shibt (*Anethum sowa*), Raughan-e-Nardan (*Salix acmophylla* Boiss.), Raughan-e-Zambaqu (*Jasminum sambac*)<sup>[11]</sup>, Huqn (Enema) Kaner (*Nerium oleander* Mill.), post Hanzal (*Citrullus colocynthis*), Sham-e-Hanzal (*Citrullus colocynthis*), Suranjan (*colchicum luteum*), Qanturiyoon Daqeeq (*Erythaea centaurium*), Maahi Zahraj (*Verbascum thapsus* Linn.), Hurf (*Lepidium sativum*), Buzidan (*Orchis laxiflora* Lam.), Hazaar Fashaan (*Bryonia laciniata* Linn.) Sheetraj Hindi (*Plumbago zeylanica* Linn.), Tukhm Turb (*Raphanus indicus*), Jirjeer (*Brucea sativa* Mill.). Huqn (Enema) Muri (Vinegar), Roghan Arand (*Ricinus communis* Linn.)<sup>[23]</sup>. Shayaaf (Suppository) Rai (*Brassica nigra*). Kabootar (Pigeon), Shayaaf (Suppository) Rai (*Brassica nigra*) Joshanda Injeer (*Ficus carica* Linn)<sup>[19]</sup>. Shayaaf (Suppository) Sham-e-Hanzal (*Citrullus colocynthis*), Booraq Filfil (*Safaid/Siyah*) (*Piper nigrum* Linn.)<sup>[16]</sup>. Fateel-e- Raasan (*Inulah elenium* Linn), Hurf (*Lepidium sativum*) Asl (Honey), Fateel-e- Hurf (*Lepidium sativum*) Booraq (Sodium baborate), Sakbeenaj (*Ferula persica* Willd.) Aab-e- Pudinah (*Mentha spicata* Linn.)<sup>[22]</sup>.

#### **Tahleel-e-Warm (Resolution of inflammation)**

These drugs are applied either in the form of zimad (poultice), tila (Linimen), Nutool, (Douches) Marookh, Hamool (Suppository) etc. in Tahleel-e-Warm (Resolution of Inflammation) Zimad (Poultice)– various type of zimad are discussed under classical literature which are used to apply locally for the management of *Irq-al- Nasa* (sciatica). Some combination of drugs which are advocated to use as are Zimad (Poultice) Mohallil-e-Waram (Anti-inflammatory) Muqil (*Commiphora mukul*) with Roghan-e-Gul<sup>12</sup>. Zimad Karnab (*Brassica olearacia*), Maida Lakdi (*Litchi chinensis* Sonn.), Zardi-e baize-e- murgh (egg yolk), Zafran (*Crocus sativus*)<sup>[11]</sup>, Zimad Baaboona (*Matricaria chamomilla*), Iklil-ul-malik (*Trigonella uncata*), Marwa (*Majorana hortensis*, Moench), Habb-ul-Ghaar (*Laurus nobilis*), Hurmul (*peganum harmala*), Aab-e-Muqil (*Commiphora mukul*)<sup>[11, 21]</sup>. Zimad Shagoofah Izkhir (*Cymbopogon jwarancusa* bud)<sup>[19, 22]</sup>. Zimad Qust (*Saussurea hypoleuca* Spreng.), Baadiyaan (*Foeniculum vulgare* Mill.), sibr (*Aloe barbadensis*), Aab-e-sibr Taza (*Aloe barbadensis*), Maweezaj (*Delphinium staphysagria*) ward sokhta (*Rosa damascena* Mill.), Aaqarqarha

(*Anacyclus pyrethrum* DC.), Hurf (*Lepidium sativum*), Barzad (*Pinus roxburghii* Sarg.), Kibreer (Sulphur), Booraq Zaitoon (*Olea europaea*), samagh sanoobar (*Pinus roxburghii* Sarg.)<sup>[12]</sup>. Zimad Karnab nabti (*Ceratonia siliqua*), Zardi-e baize-e- murgh (egg yolk), Zafran (*Crocus sativus*), Iklil-ul-malik (*Trigonella uncata*), Baaboona (*Matricaria chamomilla*), Hulba (*Trigonella foenum*), Khatmi (*Althaea officinalis* Linn.), Muqil (*Commiphora mukul*), Ushaq (*Dorema ammoniacum*), Jaosheer (*Ferula galbaniflua*), Peeh-e-Gurdah Buz, (peri-renal fat goat), Mukh Saaq gao (marrow of calf muscles cow), Bee's wax<sup>[11, 12]</sup>. Zimad Kadu (*Lagenaria siceraria*), Asl (Honey), sirka (Vinegar)<sup>[22]</sup>. Zimad Khardal (*Brassica nigra*), Injeer (*Ficus carica* Linn)<sup>[16]</sup>. Bakhoor-e-Maryam (*Martynia annua* Linn.), sirka (Vinegar), Zimad Anjodaan (*Ferula foetida*), Roghan-e-Irsa (*Iris ensata* oil) or Mom (Bee's wax) or Raughan-e-Hina (*Lawsonia inermis* Linn oil)<sup>[12]</sup>. Zimad Satar (*Satureja hartensis*), Gandum (*Triticum aestivum* Linn.)<sup>[24]</sup>. Zimad Maweezaj (*Delphinium staphysagria*), ward sokhta (*Rosa damascena* Mill.), Aaqarqarha (*Anacyclus pyrethrum* DC.), Hurf (*Lepidium sativum*), Barzad (*Pinus roxburghii*), Kibreer (Sulphur), Booraq, Zaitoon (*Olea europaea*), samagh sanoobar (*Pinus roxburghii* Sarg.). Zimad Karnab nabti (*Ceratonia siliqua*), Zardi-e baize-e- murgh (egg yolk), Zafran (*Crocus sativus*). Zimad Iklil-ul-malik (*Trigonella uncata*), Baaboona (*Matricaria chamomilla*), Hulba (*Trigonella foenum*), Khatmi (*Althaea officinalis* Linn.), Muqil (*Commiphora mukul*), Ushaq (*Dorema ammoniacum*), Jaosheer (*Ferula galbaniflua*)<sup>[11, 12]</sup>.

Nutool (Douches/Wet formentation)-it is a process in which decoction of Tahleel-e-Warm (anti-inflammatory) are poured from a particular height at the effected site or site of pain. This leads to tahleel (resolution) of morbid material from the site. For the purpose of nutool (Douches), in place of decoction of drugs, anti-inflammatory oils are also used for the same purpose. Various combination of drugs used for nutool (Douches) are Nutool (Douches) Baaboona (*Matricaria chamomilla*), Iklil-ul-malik (*Trigonella uncata*), Qanturiyoon Daqeeq (*Erythaea centaurium*), Post Bekh-e Karafs (*Apium graveolens* Linn.), Haashaa (*Thymus serpyllum* Linn.), Shibt (*Anethum sowa*), Satar (*Satureja hartensis*), Handquqa (*Trigonella corniculata* Linn.)<sup>11</sup>. Nutool (Douches) Hurmul (*Peganum harmala*), Khardal (*Brassica nigra*)<sup>[18]</sup>. Nutool (Douches) muhallil Satar (*Satureja hartensis*) Aab(water)<sup>[22]</sup>.

Tila (Liniment)-tila is prepared by paste of various Tahleel-e-Warm anti- inflammatory drugs with combination of anti-inflammatory roghan (oil) and are used locally at the site of pain for the management of *irq-al-Nasa* (sciatica). Various combination of drugs used as tila are- Tila (Liniment)-Baaboona (*Matricaria chamomilla*), Iklil-ul-malik (*Trigonella uncata*), Qanturiyoon Daqeeq (*Erythaea centaurium*), Post Bekh-e Karafs (*Apium graveolens* Linn.), Haashaa (*Thymus serpyllum* Linn.), Shibt (*Anethum sowa*), Satar (*Satureja hartensis*), Handquqa (*Trigonella corniculata*), Sirka (Vinegar), Raughan-e-Hina (*Lawsonia inermis* Linn), Natroon (Sodium carbonate), Qaaqulah (*Elettaria cardamomum*), Zufa Ratab (*Nepta orientalis*)<sup>[11]</sup> Tila (Liniment) Pushkal-e-Buz (Goat) with Sirka (Vinegar)<sup>[16]</sup>.

#### **Taskeen-e-Dard (Pain relief)**

Safoof Majusi (Powder) Sana (*Cassia senna* Linn), Sheetraj



*Hindi* (*Plumbago zeylanica* Linn.), *Zafran* (*Crocus sativus*), *Qand Safed* (Granular sugar) <sup>[12, 27]</sup>, *Zimad* (Poultice) musakkin *Arand Muqashshar* (*Ricinus communis* Linn. Sheathless) *sirka* (Vinegar), *Asl* (Honey), *Zimad* (Poultice) *Kadu* (*Lagenaria siceraria*) *Asl* (Honey), *sirka* (Vinegar) <sup>[22]</sup>, *Sandal Surkh* (*Pterocarpus santalinus* Linn.), *Kishneez* (*Coriandrum sativum* Linn.) <sup>[20]</sup>, *Zimad Tukhm-e- Kataan* (*Linum usitatissimum*), *Baaboona* (*Matricaria chamomilla*), *Raughan-e-Shibt* (*Anethum sowa*) <sup>[12]</sup>, *Suranjaan* (*Colchicum luteum*), *Bazr-ul-Banj* (*Hyoscyamus niger* Linn), *Qust arabi* (*Costus arabicus* Linn.), *Baaboona* (*Matricaria chamomilla*), *Mastagi* (*Pistacia lentiscus* Linn.), *Meea'-e-Saailah* (*Liquidambar orientalis* Mill.), *Jundbedastar* (Castorium), *Tila* (Liniment) *Musakkin Raughan-e-Shibt* (*Anethum sowa*), *Gul Kunjad* (*Sesamum indicum*) <sup>[13]</sup>, *Tila* (Liniment) *Muharrik-e-A'saab* (Nerve Stimulant), *Roghan-e- Farfiyun* (*Euphorbia resinifera* oil), *Jundbedastar* (Castorium), *Meea'-e-Saailah* (*Liquidambar orientalis* Mill.) <sup>[25]</sup>, *Afyoon* (*Papaver somniferum*) <sup>[26]</sup>, *Jundbedastar* (Castorium), *Zafran* (*Crocus sativus*) <sup>[26]</sup>, *Hulba* (*Trigonella foenum*), *Sirka angoori* (*Vitis vinifera* Linn. Vinegar), *Shahad* (honey) <sup>[16]</sup>.

### Conclusion

Unani system is well known for its comprehensive and holistic approach in the management of diseases. System advocates various kind of therapies for the management of pain. There is wide range of drug, non-drug therapy which are advocated in classical literature in the management of *Irq al-Nasa*. (sciatica). *Munzij and mushil* theory is core of treatment for almost all disorders. Along with these principal of *munzij and mushil*, *fasd* (venesaction), *Huqna* (enema) *Nutool* (wet fermentation), *Aabzan* (Sitz Bath), *Hammam* (Turkish Bath), *Inkibab or bukhoor* (steam bath), *Tila* (linament), *Zimad* (Poultice) and many therapies are also practised for this purpose. For treating *Irq al-Nasa*. (sciatica). various drugs are mentioned, practised since long. For future prospective, these drugs needs re- validation on scientific parameters.

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