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## An approach to obesity (Siman-e-Mufarith) and It's management with unani treatment

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### Abstract

Obesity comes from a Latin word "Obedera" to devore and in English literature, it means very fat. Obesity describes body weight that is much greater than considered healthy. Over weight and Obesity occurs due to in-balance between calories consumed and calories utilized. 1/3<sup>rd</sup> of global population have been effected. Unani system of treatment plays vital role in the management of Obesity. According to Unani concept, it is a Balgami (Phlegmatic) disease and hence Khilt-e-balgam predominates in the body of obese person. The principle of Unani treatments of "Siman-e-Mufarith" are to find out and eliminate the existing causes of the disease. Treatment includes Ilaj-bil-dawa, Ilaj-bil-tadbeer, Ilaj-bil-Giza.

**Keywords:** Siman-e-Mufarith, Phlegmatic, Ilaj-bil-dawa, Ilaj-bil-tadbeer, Ilaj-bil-Giza

### Introduction

Overweight and obesity are increasing problems that lead to significant health and social difficulties for people. Commonly defined by a measurement of Body Mass Index (BMI - calculated by dividing body weight (kilograms) by height (metres) squared), the prevalence of overweight (adult BMI of between 25 and 29.9) and obesity (BMI of 30 or over) is increasing. For children, these BMI standards require adjustments for age and gender. Obesity is directly linked to a number of different illnesses including type 2 diabetes, hypertension, gallstones and gastro-oesophageal reflux disease, as well as psychological and psychiatric morbidities. Treatment options for obesity may include non-surgical treatment and bariatric surgery. Non-surgical treatment usually takes a multicomponent approach, involving dietary changes to reduce calorie intake, an increase in physical activity, behavioural modification, and where appropriate, psychological support or pharmacotherapy. A normal BMI score is one that falls between 18.5 and 24.9. This indicates that a person is within the normal weight range for his or her height. A BMI chart is used to categorize a person as underweight, normal, overweight, or obese.

**Table 1:** Body mass index and weight

Body Mass Index (BMI)	Weight Status
Below 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 plus	Obese

According to Unani concept, it is a Balgami (Phlegmatic) disease and hence Khilt-e-balgam predominates in the body of obese person. In this condition, loss of movement of Aaza (Organs) is due to excessive accumulation of balgam. Because of that obese person becomes lazy and dull. Once this Balgam mixed with blood produces lubrication in it's viscosity. Therefore, increased viscosity may also constrict blood vessels, which may indirectly leads to Atherosclerosis, which further may cause complications and even death.

### Management of Obesity

- According to Unani hukma's like Zakaria Razi and Ibn-e-sina, the treatment of obesity is based on certain principles, they are
- Sue Mizak Barid is to be corrected first, as disease is cold in temperature. This correction can be done by opposite temperature herbs, that is hot and dry herbs should be given, which is known as Ilaj-bil-zid.

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- Eliminating of existing causes of obesity should be done.
- If there is accumulation of Madda or Khilt-e-balgam in the body, then Munafis-e-balgam, Musil-e-balgam, Mudeer, Muqavi-e-advia, and Mujaffif will be given.
- If the amount of Khilt-e-dam is excessive in the body, then Fasad (Venesection) is beneficial.
- Bulky food with least nutritional value should be served, so that Mesenteric vessels will take long time to absorb the food completely, which occupies the space of stomach of obese patient, so that they feel fullness in the stomach.
- According to famous Unani Physician, Mizaj of the obese patient becomes barid, so the diet, drugs, and exercise which produces har ya biz mizaj should consider the treatment of choice. Therefore Mulattif Agzhia, har ya biz (hot & dry), and Riyazath-e-kaseera (hard exercises) are to be considered for weight loss.
- Unani treatment includes Ilaj-bil-giza (Diet therapy), Ilaj-bil-tadbir (Regimental therapy), Ilaj-bil-dawa (Drug therapy).

#### **Ilaj-Bil-Giza**

- Avoid oily foods, junk foods, bakery items, beverages, sealed, and packed items
- In-take of food is decreased in-terms of quality not in quantity.

#### **Ilaj-bil-tadbir**

- It also plays important role in the management of weight loss, such as Kasrath-e-riyazath (Exercise), Dalak (Massage), Taarik, Fasad, Hammam-e-yaabis (Steam Bath), Massage with Mohallil-Roganiyat.

#### **Ilaj-bil-dawa**

- Mufarradath - The commonly used single drugs for weight loss are
- Baladar (Semicarpus Anacardium)
- Lak-e-magsul (Coccus Lacca)
- Muqil (Commiphora Muqil)
- Khar-e-Khask (Tribulus Terrestris)
- Barg-e-sadab (Ruta graveolens linn)
- Badiyan (Foeniculum Vulgare Mill)
- Non Khwa (Ptychotis Ajowan)
- Bora (Armenian Bole)
- Zaraband (Aristolochia Rotunda)
- Sirka (Veneger)
- Filfil Siya (Pepper Embelia Ribes)
- Zanjabeel (Zinjaber Officinalis Linn)
- Khardal (Brassica Nigra Linn)

#### **Murakkabad**

- Sufoof-e-Muhazzil
- Jawarish-e-bisbasa
- Jawarish-e-falafali
- Majoon-e-muqil
- Majoon-e-muhazzil
- Jawarish-e-kamooni-kabir
- Ankarroya
- Thiryag-e-kabir
- Itrifal-e-saghir

The combination of multiple Unani herbal preparations having different mechanism of action may be more

beneficial in the management of obesity and its complications.

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