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Soo-ul-Qiniya Bawajah Qillat-e-faulad (Iron deficiency anemia): An overview

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Abstract

Soo-ul-Qiniya is plainly known to be called as Anemia. It is the qualitative and quantitative disturbed condition of blood causing inability in catering the corporal physiologic functions. WHO defines anemia as a condition in which the hemoglobin content of blood is lower than normal as a result of deficiency of one or more essential nutrients, regardless of the cause of such deficiencies. Iron deficiency is the most common cause of anemia worldwide, though other factors, such as folate, vitamin B₁₂ and vitamin A deficiencies. *Hakeem Kabiruddin* described *Soo-ul-Qiniya* with synonyms of '*Faqr-ud-dam*, *Qillat-ud-dam*, *Fasa-ud-dam* and *Khizra* etc. The principal of treatment in Unani Medicine lies with three modules, *Ilaj bil Tadbeer* (Regimenal therapy) like a *Riyazat*, *Dalk* etc, *Ilaj bil Ghiza* (Dieto therapy) like a *Ghiza-e-lateef*, *Kaseer-ul-tagzia* etc, and *Ilaj bil Dawa* (Pharmaco therapy) like some single drug *Zafran*, *Maweez*, *Balchhar*, and different formolations and preparation used were based on drug aiming to supplement iron, stop further blood loss and to empower the liver. *Sharbat-e-Faulad*, *Sharbat-e-Maweez*, *Sharbat-e-Anar*, *Majoon Khabsul Hadeed*, *Kushta khabsul Hadeed*.

Keywords: Soo-ul-Qiniya, Faqr-ud-Dam, Ilaj bil Tadbeer, Ilaj bil Ghiza, Ilaj bil Dawa

Introduction

Anemia is a condition in which the oxygen carrying capacity of blood is reduced. Various types of anemia are characterized by reduced numbers of RBCs or a decreased amount of hemoglobin in the blood. According to WHO, Haemoglobin (Hb) of less than 13.0 gm/dl in adult male, less than 12.0 gm/dl in adult non pregnant female and less than 11.0 gm/dl in pregnant female should be considered as evidence of anemia [1, 2, 3, 4, 5, 6].

Soo-ul-Qiniya is literally known to be called as Anemia. It is the qualitative and quantitative deranged condition of blood causing inability in catering the corporal physiologic functions. WHO defines anemia as a condition in which the hemoglobin content of blood is lower than normal as a result of deficiency of one or more essential nutrients, regardless of the cause of such deficiencies. Iron deficiency is the most common cause of anemia worldwide, though other factors, such as folate, vitamin B₁₂ and vitamin A deficiencies, chronic inflammation, parasitic infestation and inborn disorders may all be responsible for anemia [7].

Hakeem Mohammad Kabiruddin (1894-1976AD) has described *Soo-ul-qiniya* with synonyms of *faqr-dam*, *Qillatu-dam*, *Fasadu-dam*. In this condition there is decrease in the amount of blood and alteration in its constituents with decrease in the number of *kuriyat-e-hamrah* (Red Blood Cell). One of the most important causes of *Soo-ul-qiniya* is severe malfunction of the liver due to alteration in its temperaments [8-12, 14].

Sign and Symptoms

The sign and symptoms of anemia are general weakness, pale skin, face, lips, tongue and conjunctiva, fatigue, palpitation, tachycardia, Stomatitis, dyspnoea, brittle and concave nails, pica, anorexia specially in children, headache, low haematocrit and hemoglobin, low serum ferritin (serum iron) [13-15].

Concept of Faqr-ud-Dam (Anemia) in Unani Medicine

Anemia in the classical literature of Unani Medicine has been described under the heading of *Soo-ul-Qiniya*. *Ibne Sina* (Avicenna) (980- 1037AD) used the term *Soo-ul-Qiniya* for the very first time specifying it as the preceding condition of *istisqa* (anasarca). That develops due to illness and weakness of the liver. *Soo-ul-Qiniya* is a condition where the blood becomes defected [16, 17]. *Hakeem Mohammad Kabiruddin* (1894-1976AD) has described *Soo-ul-qiniya* with synonyms of *faqr-dam*, *Qillatu-dam*, *Fasadu-dam*.

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According to Unani physician Ibne Sina (Avicenna) (980-1037AD), Ismail Jurjani (1041- 1136AD) and Hakeem Azam Khan (1813-1902AD), blood is considered to be the vital fluid of human body which is formed in the liver. Due to derangement of the liver functions and weakness of hepatic faculties or sometimes due to associated diseases, the resultant formation of blood is not normal for nourishment (*nuqs taghzia*) here by leading to anemia with sign and symptoms such as: oedematous face, pallor body complexion of patient, eye lids and upper or lower limbs and some time generalized swelling all over body with pitting oedema due to raddi bukharat (obnoxious gases), sometime gingivitis, disturbed sleep and sometime excessive sleeping, loss of appetite, flatulence^[14, 15, 18, 19].

Usool-e-Ilaj (Principle of treatment)

- Avoid consumption of foods causing altered temperament of *Jigar* (liver) leads to *baroodat* (coldness) and *taqleele hararate ghareeziya* (decreases innate heat) of the liver.
- Avoid *ratab* (moist), *ghaleez* and *dushwar hazm ghiza* (spicy and hardly digestible food).
- Avoid use of freezing and cold water.
- Daily *riyazat* (exercise) in empty stomach.
- Bathing in water which containing *gandhak* (sulphur), *suhaga* (borax) and *shib* (alum).
- *Dalk* (massage) by rough cloth with *garam roghan* (hot oil).
- Avoid *Hammam* (bath) and *Jimah* (sexual intercourse) immediately after meal.
- *Harkat fil raml* (rolling over the warm sand and soil).
- Need of mild *istefragh* with the help of *Ayarij* (*Aloe barbedensis*) and *Habbul Neel* as it removes *ghaleez* (hard), *lezdar* (sticky) and *balghami fuzla* (vitiated phlegmatic fluid) from body^[14, 15, 19].

Tahaffuzi tadabeer (Prevention)

Unani Medicine recognizes the influence of environment and surroundings on health and lays great emphasis on the maintenance of proper eco balance as well as pure water, food and air. Besides, it prescribes *Asbab Sitta Zaruriyya* (six essentials causes) for maintaining good health adherence to which is essential for preservation of health^[14].

Ilaj (Treatment)

1) Ilaj bil tadbeer (Regimental therapy)

Following Tadabeer stimulates blood circulation and remove toxic substances from the body thus helps in production of *Khoon Saleh* (pure blood) which is essential for *Affal Haiwaniya* (vital activity).

- *Riyazat* (exercise)
- *Dalk* (massage)
- *Takneed* (fomentation)
- *Hammam yabis* (dry bath)
- *Hammam muarriq* (steam bath)
- *Qai* (emesis)
- *Tamreekh* (oil immersion)^[14, 20-22].

2) Ilaj bil Ghiza (Diet therapy)

- The diet which is described in Unani literature are from plant, mineral and animal sources
- *Ghiza-e-lateef* (soft diet)
- *Kaseerut-taghzia* (high nutritious diet)
- *Jaiyyad-ul-Kaimus* (easily absorbable)
- *Zirbaj* (a sour meat dish which dressed with vinegar and honey or with acid syrup, raisins, few figs were some time added)
- *Sikbaz* (acid minced flesh similar to *zirbaj*)
- *Zardah* (rice dressed with *Crocus sativa*)
- *Yakhni* (broth prepared from meat and rice)
- *Shorbae teetar* (bird's soup)
- *Ghost Daraj* (meat)
- *Masoosat* (soup prepared with aromatic spices)
- *Bathua* (*Chenopodium album*)
- *Palak* (*Spinacia oleracea*)
- *Cholai* (*Amaranthus polygamus*)
- *Hulba* (*Trigonella foenum*)
- *Kaddu* (*Cucurbita maxima*)
- *Amrood* (*Psidium guajava*)
- *Rumman* (*Punica granatum*)
- *Behi* (*Cydonia oblonga*)
- *Ananas* (*Ananas comosus*)
- *Anjeer* (*Ficus carica*)
- *Aam* (*Mangifera indica*)
- *Papita* (*Carica papaya*)
- Liver, Kidney, Meat, Fish, Eggs, Milk, Paneer (cheese).
- The above diet recommended by ancient physicians corroborates with conventional diet as it is rich in iron, folic acid, Vitamin A and B12, Protein, Minerals etc.^[23-25].

3) Ilaj bil Dawaa (Drug therapy)

There are many drugs which are used either in single form or compound formulations.

A. Mufrad dawa (Single drug)

- ❖ *Zafran* (*Crocus sativus*)
- ❖ *Maweez Munaqqa* (*Vitis vinifera linn*)
- ❖ *Darchini* (*Cinnamomum zeylanicum*)
- ❖ *Sadkofi* (*Cyperus rotundus*)
- ❖ *Asaroon* (*Asarum europaeum*)
- ❖ *Balchhar* (*Nardostachys Jatamansi*)
- ❖ *Halela* (*Terminalia chebula*)
- ❖ *Balela* (*Terminalia bellerica*)
- ❖ *Amla* (*Emblica officinalis*)
- ❖ *Qaranfal* (*Eugenia Caryophyllata*)
- ❖ *Bisfaij* (*Polypodium vulgare*)
- ❖ *Mastaghi* (*Pistacia lentiscus*)
- ❖ *Lahsun* (*Allium sativum*)
- ❖ *Zaravind Madharj* (*Aristolochia longa*)
- ❖ *Arqe Gulab* (*Rosa damascena*)
- ❖ *Rai* (*Brassica Juncea*)^[14, 15, 19]

B. Murkkab dawa (Compound drug)

- ❖ *Qurs Khusta Faulad*
- ❖ *Kushta Sammul Far*
- ❖ *Khusta Nuqrah*
- ❖ *Majoon-e-Dabeed-ul-Ward*
- ❖ *Majoon Khabsul Hadeed*
- ❖ *Jawarish Amla*

- ❖ *Sharbat-e-Maweez*
- ❖ *Sharbat-e- Faulad*
- ❖ *Sharba-e-Afsanteen*
- ❖ *Sharbat-e-Anarain (Syrup of pomegranate)*
- ❖ *Sharbat-e-Ananas (Syrup of pine apple)* ^[14, 15, 19].

Conclusion

With the perusal of above literary survey, our understanding of anaemia in the light of classical Unani literature underscores the need to focus on its elimination through multipronged strategy viz; drug, diet, regimenal therapies and preventive measures as adopted by Unani Scholars centuries ago in the successful management of this age old malady. This approach is more suitable to general populace as it incurs less cost, easy availability of home remedies and regimens with easy to follow health etiquettes. In this way the grave consequences of anaemia can be stalled to a great extent which will pave the way for a vigorous maternal and child health.

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