

INTERNATIONAL JOURNAL OF UNANI AND INTEGRATIVE MEDICINE



E-ISSN: 2616-4558
P-ISSN: 2616-454X
<https://www.unanijournal.com>
IJUIM 2022; 6(3): 05-07
Impact Factor (RJIF): 6.3
Peer Reviewed Journal
Received: 07-08-2022
Accepted: 11-09-2022

Mumtaz Jahan
PG Scholar, Department of
Kulliyat, Faculty of Unani
Medicine, AMU, Aligarh,
Uttar Pradesh, India

Ashhar Qadeer
Professor, Department of
Kulliyat, Faculty of Unani
Medicine, AMU, Aligarh,
Uttar Pradesh, India

Arshi Riaz
Assistant Professor,
Department of Kulliyat,
Faculty of Unani Medicine,
AMU, Aligarh, Uttar Pradesh,
India

Huma Noor
Assistant Professor,
Department of Kulliyat,
Faculty of Unani Medicine,
AMU, Aligarh, Uttar Pradesh,
India

An overview of the *Asbab-e-wajood* (causative factors) required to get the *Umdah unnab* (best quality jujube)

Mumtaz Jahan, Ashhar Qadeer, Arshi Riaz and Huma Noor

Abstract

There are certain factors that are necessary for the existence of anything and are termed *Asbab-e-Wajood*, which are classified into four types, according to their roles for the purpose of existence. They are namely: 1. *Asbab-e-maddiya* (material factors) 2. *Asbab-e-sauriya* (formal factors) 3. *Asbab-e-failiya* (efficient and co-efficient factors) and 4. *Asbab-e-tamamiya* (final factors). The discussion deals with two questions. There are numerous species of *Zizyphus*; among them which one is to be considered the best for medicinal purposes? And what are the factors responsible for cultivating it, keeping the final cause (drug action) in mind? These are some of the questions which we will try to answer through this literary article. The jujube (*Zizyphus Vulgaris*), family *Rhamnaceae* is a deciduous tree that is native to China (*Unnab walaity*) and has been used for thousands of years as food as well as medicine. Almost every part of the plant has medicinal properties, but fruits commonly known as *Unnab* (Red date, Chinese date) are used worldwide as an ingredient in different formularies of traditional medicine. This paper aims to introduce the *Asbab-e-wajood* (factors of causation) responsible for obtaining the best quality *Unnab* (jujube) used for different medicinal purposes.

Keywords: *Unani medicine, asbab-e-wajood, zizyphus, unnab, phytoconstituents*

Introduction

Name: *Zizyphus*
Family: *Rhamnaceae*
Order: *Rosales*
Genus: *Zizyphus*
Species: *vulgaris*

Mizaj: *Unnab* has an equitable temperament in hotness and coldness and slightly deviated towards dryness. According to Ibn-e-Sina, it is cold in the 1st degree, but mu'tadil in wetness and dryness but slightly deviated towards wetness [1].



Fig 1: *Zizyphus Vulgaris* ((*Unnab walaity*) copyright: high-quality-pure-organic-dried-red_1000000247047.html

Corresponding Author:
Mumtaz Jahan
PG Scholar, Department of
Kulliyat, Faculty of Unani
Medicine, AMU, Aligarh,
Uttar Pradesh, India

Zizyphus, commonly known as Jujube, are spiny shrubs and small deciduous trees native to the warm-temperate and subtropical regions, mainly in tropical forests of South and East Asia and the Middle East, North Africa, and South Europe (Fig. 1).

It contains approximately 40 species. Some species are deciduous, while others are evergreen^[2, 3]. It has up to a height of 12 m. Leaves are alternate, entire, with three prominent basal veins, and are 2-7 cm long. The flowers are small, inconspicuous yellow-green. The fruits are edible drupe, yellow-brown, red, black, spherical to oval, 1-5 cm long, often very sweet and sugary, reminiscent of a date in texture and flavor^[2, 3, 4]. Most of the parts of the tree like seeds, leaves, fruits, and bark are used in various illnesses because of the differential actions of various phyto-constituents. Flavonoids, alkaloids, triterpenoids, and saponins^[2]. Have medicinal properties and are used as antifungal, antibacterial, antiulcer, anti-inflammatory, sedative and hypnotic, tranquilizing, antiseptic, analgesic, antiarrhythmic and hypotensive^[5]. It is used in GIT (gastrointestinal tract) disorders, generalized weakness, liver complaints, obesity, urinary tract disorders, diabetes, skin infections, fever, diarrhea, insomnia, etc. The seeds are used in the treatment of insomnia as a sedative and nerve tonic. Diabetics can use leaves for glucose and lipid reduction. The fruits (fresh or dried) are used for colds, coughs, etc.^[2-6, 7, 8]. The fruit is also used by Chinese and Korean physicians as a stress alleviator^[3].

The Greek philosopher Aristotle (384-322) first introduced the *Asbab-e-wajood* (Causative factors) as "the theory of causation". According to this theory, there are four factors responsible for the existence of everything, either living or non-living^[9]. It also has been acknowledged in the basic sciences that the knowledge of an object is attained only when its causes (*Asbab*) and origins or fundamentals (*Mubadiyat*) are known, provided they are within reach of observation. When it is not so, knowledge may be obtained only by an understanding of its conditions and the intrinsic concomitants (*Awariz was Lawazim*)^[10]. The concept of *asbab-e-wajood* is well known and well described in classical literature of the *Unani system* of medicine. These factors are:

1. *Asbab-e-maddiya* (material factors): refers to WHAT states of matter make a body, i.e., Elements (solid, liquid, gaseous matters).
2. *Asbab-e-failiya* (efficient and co-efficient factors): refer to HOW a body comes into existence, i.e., *Asbab-e-Sitta zaruriya, asbab-e-ghair zaruriya*. Like atmospheric air, habitat, food, and water, etc.
3. *Asbab-e-sauriya* (formal factors): refers to the shape, size, and structure, which are specific to the temperament, biochemistry, morphology, and genetic code of the body.
4. *Asbab-e-tamamiya* (final factor): refers to the ultimate goal, i.e., functions of the body^[11, 12].

These are the four basic causes for the existence of the *Mawaleed-e-Salasa* (Minerals, Plants, and Animals). The concern of this article is related to Unnab (a plant-origin drug) for its medicinal properties, which affect the human body. Along with the description of medicinal uses, this article also has a concern on what will be the selection criteria for calling 'Umdah Unnab,' i.e., the 'best available quality Unnab' as mentioned in various formularies based on *Unnab* as one of the ingredients^[6].

The materials like primary components (humour, organs, and pneuma) are found in the human body in different forms and perform functions under the effects of efficient factors, i.e., environment. However, they are also considered as the

causative factors for the illness as the body is subjected to the diseases if they are not found in the right proportion^[13]. The same implies to other objects like plants. Aristotle considers the material "cause" of an object as equivalent to the nature of the raw material out of which the object is composed. The word "nature" for Aristotle applies to both its potential in the raw material and its ultimate finished form^[9]. *Asbab-e-maddiya* (Material causes) refers to the physical matter that makes an object. It is considered that Arkan is the primary component by which all animate, inanimate, and environment are made. The elements found in a body (e.g., plant) can be different according to their composition. i.e., Hydrogen, nitrogen, carbon, oxygen, phosphorus, magnesium, potassium, calcium, and sulfur are the major elements, with other minor quantities of iron, manganese, sodium, chlorine, boron, zinc, and copper, etc.^[14, 15]. All these elements contribute to providing matter or mass to the plant. Like Solid composition gives the full-grown shape. The fluid consisting of moist substances is considered important for maintaining its medicinal and nutritional value and the gases plays role in creating spaces inside different parts of the plant as per the requirement, along with providing an essential component of respiratory exchange needed by plants as well. The state of a body can be altered or maintained by *Asbab-e-failiya* (Efficient and Co-efficient causes) like surrounding air, habitat, sunlight, water, soil, fertilizers, etc. The amount and quality of fertilizers used to grow a plant have an impact on the quality of that plant. Similarly, the above-mentioned factors also affect the quality of the growing plant needed for different purposes. If medicinal properties are of concern to a cultivator then various such factors are to be controlled to get the beneficial and desired quality of that medicinal plant. The right proportion of materials in any form i.e., solid, liquid, gases provides an equable temperament. Which is ultimately responsible to achieve the required *Asbab-e-sauriya* (Formal cause), that includes the shape, size, color, taste, etc., to fulfill the final cause i.e., *Asbab-e-tamamiya*. Alteration in temperament is related to changes in morphology and composition; thus, the required functions cannot be achieved. This alteration can be because of any factor responsible for the existence.

Discussion

The Jujube (*Zizyphus vulgaris*) is called *Ennab* (Arabic) or *Annab* (Persian)^[3]. It is widespread in Middle Eastern countries, but its best variety is found in China, called *Unnab walaity*^[16]. The *Zizyphus* species has been used for thousands of years as Traditional medicine and food for dual purposes. Almost all the parts of the plant have medicinal properties because of their various active phytoconstituents. However, fruits of the plant are commonly known as Unnab, Red date, and Chinese date, mostly used worldwide in traditional medicine^[3]. In this case, *Asbab-e-maddiya*: is sowing good quality seeds (Chinese seeds). Carbon comes from carbon dioxide along with water during photosynthesis and is the main element form the mass of the tree^[17]. (bond form between the C, O, H, and N decides the solid, water, and gaseous constituents percentage in the different parts), *Asbab-e-sauriya*: when the *Asbab-e-maddiya* (seed) passes through favorable conditions and comes under the influence of *Asbab-e-failiya*, they establish hot and wet (*garm tar*) temperament of degree-I^[15] with the best morphological features, i.e., the fruit (*Unnab*) develops oval edible drupe

with a single stone, red in color. Time to harvest the fruit when it turns reddish brown, firm in touch, and neither hard nor ripe^[18]. At this stage, fruit is best in its phytochemistry with phyto-constituents like Flavonoids, alkaloids, and saponins. *Asbab-e-failiya*: optimum environment like warm, dry climates with full sunshine, sandy and well-drained soil with less acidic to mildly alkaline pH, no fertilizer at planting time, fertilize once in each spring before fruiting, and proper photosynthesis helps to grow an effective mass of the fruit and makes it biochemically suitable to make different formularies^[18]. *Asbab-e-Tamamiya*: They are numerous depending on phytoconstituents present in the selected species. It can be used as a blood purifier, anti-hyperglycemic, anti-hyperlipidemic, anti-hypertensive, and also as an antibacterial, antioxidant, and sedative^[5]. These functional factors finally make the holistic effects of the phytochemicals for different therapeutic needs.

Conclusion

It can be concluded that *Ziziphus vulgare* is a medicinal plant and most of its parts are used in different medicinal formularies. Its fruits (*Unnab*) come in the *Dawa-e-ghizai* (food cum medicine) category and are used for both purposes in most countries. So, to obtain the *umdah unnab*, it is important to maintain the *Asbab-e-Wajood* by controlled cultivation and harvesting to achieve effective medicinal properties. That can be used in different formularies to give the best result for different ailments. Thus, *Unnab* can provide nutrition and cure to the human body.

Acknowledgement

Not available

Author's Contribution

Not available

Conflict of Interest

Not available

Financial Support

Not available

References

1. Azam Khan M, Muheet-e-Azam. Third edition, Urdu translation by CCRUM; c2014. p. 604.
2. Asgarpanah J, Haghghat E. A Review of Phytochemistry and Medicinal Properties of Jujube (*Ziziphus vulgaris* L.) Journal of Pharmaceutical and Health Sciences. 2012;1(4):89-97.
3. Jujube-new world encyclopedia <https://www.newworldencyclopedia.org/entry/Jujube>.
4. Keta JN. Proximate and Mineral Elements Analysis of *Ziziphus mauritiana* Fruits, UJMR. 2017 June;2(1):247-250.
5. Mahajan RT. Phyto-Pharmacology of *Ziziphus jujuba* Mill – A Plant Review, Phcog Rev. 2009;3(6):320-329.
6. Abdullah ZU, Al-jamaul mufradat-ul-adviya wa Aghziya. third edition (Urdu translation), published by CCRUM, New Delhi; c1999. p. 314-316.
7. Min Wang. The jujube (*Ziziphus jujuba* Mill.) fruit: a review of current knowledge of fruit composition and health benefits. J Agric Food Chem; c2013.
8. Chen J, Tsim KWK. A Review of Edible Jujube,

the *Ziziphus jujuba* Fruit: A Health Food Supplement for Anemia Prevalence. Front Pharmacol. 2020 Nov 26;11:593655. DOI: 10.3389/fphar.2020.593655. PMID: 33324222; PMCID: PMC7726020.

9. Causation theory of Aristotle -four causes. W <https://en.m.wikipedia.org/wiki>
10. Sina I, Al-Qanun fi'l-tibb. Book I, English translation of the critical arabic text, dept. of Islamic studies, Jamia Hamdard, printed by S. Wads nawab, senior press superintendent, Jamia Hamdard printing press, Hamdard Nagar. New Delhi; c1993. p. 2-3.
11. Sina I, Kulliyat-e Qanoon, translated by Hkm Kabeer Uddin, Daftar ul Masihi, Dehli; 1930. p. 27-29.
12. Ahmad SI, Kulliyat-e-Asri, Nuzhat Ishtiyaq. Lecturer, A&U Tibbiya College, Karol bagh, New Dehli. 1983:3-5.
13. Ali F. Fundamentals and Physiodynamizm of Human Body in Unani system of Medicine, Mishkaat printers Aligarh; c2016. p. 113-117.
14. Essential plants elements. [https://hortamericas.com/blog/tech-doctor-steve/essential-plant-elements/#:~:text=The%2017%20Essential%20Plant%20Elements,hydrogen%2C%20oxygen%2C%20and%20carbon%20\(01-10-2022\)](https://hortamericas.com/blog/tech-doctor-steve/essential-plant-elements/#:~:text=The%2017%20Essential%20Plant%20Elements,hydrogen%2C%20oxygen%2C%20and%20carbon%20(01-10-2022))
15. The fundamental elements of plant construction. <https://botany.one/2016/12/plants-four-fundamental-elements/> (01-10-2022).
16. Syed Safi Uddin, Unani adviya mufrida, fourth edition, published by national council New Dehli. 2010, P.204
17. Tracy D'Augustino. Michigan State University Extension - February 18, 2015, https://www.canr.msu.edu/news/where_do_trees_get_their_mass_from. (29-10-2022)
18. https://www.gardeningknowhow.com/edible/fruits/jujube/growing-jujube.,_jujube_take_care-How_to_grow_A_Jujube_tree. (01-10-2022)
19. High-Quality-Pure-Organic-Dried-Red_1000000247047.html (29-10-2022). [FIGURE]

How to Cite This Article

Mumtaz Jahan, Ashhar Qadeer, Arshi Riaz, Huma Noor. An overview of the *Asbab-e-Wajood* (Causative Factors) required to get the *Umdah unnab* (Best quality Jujube). International Journal of Unani and Integrative Medicine 2022; 6(3): 05-07. DOI: <https://doi.org/>

Creative Commons (CC) License

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.