

Unani Medicine's Approaches to Disease Prevention and Health Promotion

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Introduction

The name "Unani Tibb" is used to describe the practice of Unani medicine all over the world. The Arabic word "Tibb" means "medicine," and "Unani" is thought to be derived from "Ionan," which means "Greek," confirming its origin. In addition to being a venue for innovation and change, Unani Tibb is more than just a continuation of Greek ideas. Hippocrates came up with the idea for this system's fundamental philosophy. Scholars from the Arab and Persian cultures who came after him greatly improved this system. In addition to translating Galen and Hippocrates' extensive works, they also made numerous significant contributions to medicine, particularly in the fields of pediatrics, physiology, psychiatry, surgery, anatomy, embryology, pathology and pharmacy. Based on scientific parameters and experiments, this synthesis produced a more comprehensive and universal medical system [1].

Description

According to the classic Unani literature, various traditional medicines and surgical procedures like punching, incision and puncturing were used in the past to treat prostate enlargement symptoms. However, there was no clear pathological picture of the disease. The idea that urinary retention might be brought on by an enlarged prostate was first proposed by Jean Riolan, the younger (1577–1657). Nevertheless, even after the discovery, the scientists paid the prostate's enlargement the least attention for a longer period of time. Several appropriate surgical instruments were developed toward the end of the 18th century. At the beginning of the 19th century, it was understood that removing an obstruction without considering the gland could result in death for the patient [2]. At this point, scientists began to become more interested in prostate enlargement and over time, a variety of medical and surgical treatments were developed. In addition, the rising average age of people became a reason to seek the best prostate enlargement treatment. In the fourth international consultation on BPH, the term "prostatism," which was previously used to describe the symptoms of BPH, was declared to be out of date and was replaced by the term "LUTS."

The modalities of treatment in traditional Greco-Arabic medicine are *Ilaj bi'l-tadbir* (regimental therapy), *Ilaj bi'l-dawa* (medication treatment) and *Ilaj bi'l-yad* (surgical treatment). *Usoole ilaj* is the principle of treatment. Analgesics and antispasmodics can help alleviate uterine pain and menstrual cramps by treating the underlying cause. Ibn Sina referenced that to ease *sudda* drugs with *quwat-l-qabiza* and *quwat-l-mulattifa* properties are valuable as *quwate qabiza* kills the unsafe impact created by *quwate talteef* and *talheel*. Ibn Zohr in his arrangement *Kitab al-Taysir* composes that *ta'dil-i-mizaj* is required with

oral eating routine and medications in *su' mizaj har* and remotely *motadil roghaniyat* are helpful. He stated that in *su'mizaj barid musakhin*, *roghaniyat*, *huqna*, *mashrubat* and diet are useful for *ta'dil-i-mizaj*, as are locally applied external *roghaniyat* such as *roghan sosan*, *roghan sowa* and *roghan habus zaru* [3].

1.2.2. The clinical course of an infection typically follows three main patterns: a mild illness with upper respiratory tract symptoms, severe pneumonia with acute respiratory distress syndrome (ARDS) and pneumonia with no threat to life. Fever, dry cough and tiredness are typical non-specific syndromes that initiate symptoms. The respiratory system (coughing, shortness of breath, sore throat, rhinorrhea, hemoptysis and chest pain), the gastrointestinal system (diarrhea, nausea and vomiting), the musculoskeletal system (muscle ache) and the neurological system (headache or confusion) are all possible manifestations. Chronic bronchitis, emphysema, heart disease and diabetes are all more common in the elderly and in those with other medical conditions. The "cytokine storm" or "cytokine cascade" is the hypothesised mechanism for organ damage. An event known as a "cytokine storm" occurs when a COVID-19 infection is accompanied by an aggressive inflammatory response characterized by the release of a large number of pro-inflammatory cytokines. Organ damage occurs as a result of the hyperactive immune response of the host to the SARS-CoV-2 infection [4].

In this literature review, we only took into account studies that follow the Unani medicine philosophy and use either individual plants or combinations of plants. MEDLINE, NAPRALERT and related databases like AYUSH Research Portal, Systematic Reviews in Unani, Web of Science, Indus Medicus and Google Scholar were searched for the current review; by looking at previous bibliographies; by employing forward and reverse reference chaining methods; and by keeping up with the most recent developments in the Unani discipline, which focuses primarily on the treatment and prevention of orofacial disorders. In addition, we searched Indian journals not included in MEDLINE and gathered traditional medicine literature. We didn't include any sources that were mostly anecdotal or only in passing related to the subject [5].

Conclusion

In addition, it should be attempted to combine contemporary conventional dental practice with the traditional knowledge of medical systems like Unani. For this reason, oral healthcare practices should incorporate the active ingredients of herbal plants. In a similar vein, dentists should be taught how to use natural remedies in a scientific manner. Dentistry will become safer, more affordable and more accessible for people from lower socioeconomic backgrounds as a result of these efforts.

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