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Abstract: *This study addresses the use of Unani medicine and challenges toward this system in the contemporary world. The study is conducted in Tehsil Adenzai which is located in District Lower Dir Khyber Pakhtunkhwa Pakistan. The aim of conducting this study in the mentioned universe was that there are many Unani physicians in that area and they are practicing this system of medicine for many years. The study is qualitative in nature in which purposive sampling is used and face to face interview were conducted using interview guide. A total of 10 interviews were conducted based on saturation point. The finding reveals that Unani system of medicine is present in the area from many decades, they have unique form of diagnosing a disease and mostly uses herbal medicine to cure disease. Unfortunately, the Unani system of medicine faces problem in the contemporary world such there is no research and development in the field.*

Keywords: Unani medicine, Unani Physician, Research and Development, Pakistan

Introduction

Unani medicine or Unani system of medicine is an ancient Greek system which is raised in Islamic World. The Father of Unani Medicines was Hippocrates. His teaching was increased by his two sons Thessaalus and Draco as well as by his student Polybus (Islam 2018). The knowledge which is produced by Hippocrates and his students was later acquired by Roman Empire. Dioscorides a Rome Physician have written a book on pharmacology which later translated in Arabic in a book *KItabul Hashayash* (Parveen³, Ahmad & Iqbal 2022). Unani system of Medicine was introduced by Arab and Persian immigrants in India. India have produced many Unani physicians such as Hakeem Ajmal khan, Hakim Abdul Hameed, Hakim Zahorul haq and many more (Masawyah, Tabari, Abbas, Masihi, Ibnisina & Tabari 2001).

The Basic concept of Unani medicine is that there are four elements which make human body which are fire, air, water and earth (Parveen³, Ahmad & Iqbal 2020). Fire is characterized as hot, air is characterized as dry, water is characterized as wet and earth is characterized as cold. This give rise to four humors which determined the temperament. Everything in the world has temperament which is reflected through its function (Parveen³, Ahmad & Iqbal 2022). Depending on prevailing system and humor every individual personality is like blood prevalence is equal to sanguine (dam), phlegm prevalence is equal to phlegmatic (balgham), yellow bile prevalence is equal to bilious (safra) and black bile prevalence is equal to melancholy (sawda) (Rebelekou, Karamanou & George 2015). The concept of health and illness in unani system is based on equilibrium of four elements blood, phlegm, yellow bite and black bite while

disequilibrium leads to disease (Ansari, Ahmad & Dar 2018).

There are mainly four type of treatment in Unani system which are regimental treatment diet therapy, Pharmacotherapy and surgery (Ahmad 2020). Regional therapy physician (*Hakim*) used physical methods to treat a disease and for sophisticated disease appropriate methods are recommended (Ahmad & Akhtar 2007). In regimental therapy several procedures are used ranging from drug less method or through prescription of drug (Ahmad 2020).

Diet therapy is a unique form of treatment in which patient is cure and health is obtained through balance in diet (Zaman, Basar & Farah 2013). Most of the disease can be treated by regulating the quality and quantity of specific diet such as the person having hot temperament then cold water is good for him while person having cold and wet temperament then cold water is not good for them (Ahmad and Akhtar 2007).

Pharmacotherapy uses drugs obtain from natural plants, mineral and animals (Akhtar and Ahmad 2007). The selection of drugs is according to potency into four degrees on the basis of four degrees corrective is used to minimize the side-effects and substitutes for effectiveness (Rahman, Khan & Latif 2008). The concept of surgery is also present in Unani system. Unani hakim have developed their own techniques and instruments and practiced surgery. Surgery was performed when other method discuss above were fail to cure disease and give relief to the patient or it is required from the beginning (Ansari, Khan, Anjum, Siddiqui & Sultana 2017).

Statement of the Problem

The problem the researchers focused in this study was the practices of exploring the efficacy of Unani medicine. Unani medicine is a traditional indigenous healing system starts from the time of Hippocrates. The Unani medicine was introduced by Arabs and Persian in Indian sub –continent and are practiced from many decades in the continent. Unfortunately, with modernization and industrialization the importance of Unani system of medicine

declined. This study aims to investigate the use of Unani system of medicine in Tehsil Adenzai District Lower Dir Khyber Pakhtunkhwa Pakistan and challenges face by this system in the contemporary world with modernization and advancement.

Aim of The Study

This study aims to explores the efficacy of Unani medicine. The study reveals that the Unani medicine exist from many decades and many people prefers this type of healing. There are four type of healing but in the present time Unani physicians only uses herbal medicine in order to treat a disease. The Unani physicians diagnose patient with the help of checking his/her pulse, examining urine etc. Unani medicine was prominent healing system in the past especially in the sub-continent but unfortunately Unani medicines faces many challenges in the contemporary world and lose its importance and may disappear in future.

Methodology

This study attempts to explore the efficacy of Unani medicine. The qualitative approach was chosen due to its suitability for examining the intricate and subjective aspects of people experiences, thought processes and viewpoints on healing through Unani medicine. The methodology of this study is the following

Universe, Sampling procedure and Sampling size

The universe of this study was Tehsil Adenzai which is located in District Lower Dir Khyber Pakhtunkhwa Pakistan. Qualitative methods and techniques were used in this research where data was collected from the local people of Tehsil Adenzai. For the purpose of getting reliability and authenticity and to reach the depth of the problem the researcher selected three union councils which include Chakdara union council, Ouch union council and Gul Abad union council. These union council were selected because there were many Unani Physicians who are practicing this indigenous healing system for many years and they have rich knowledge of Unani medicines. For the purpose of sampling the researcher used purposive sampling. The

number of samples in this study was based on saturation point which is thirteen in number.

Tools for Data Collection and Data Analysis

The study uses primary data in the form of fieldwork. Which includes in depth interviews from local Unani physicians (*Hakims*) of Tehsil Adenzai District Lower Dir Khyber Pakhtunkhwa Pakistan with the help of interview guide. Initially some challenges were occurred but it was quickly overcome due to familiarity with the union councils of the researcher. The interview guide was designed based on research aims and objectives which includes demographic characteristics such as name, gender, age and occupation. The interview guide also includes question related to use of Unani medicine, different methods used by physicians for treatment and challenges faced by the system in contemporary world. Each interview took almost 15 to 20 minutes

During the interview the respondent were assured of the research privacy, confidentiality and anonymity through the use of various codes. The data was recorded through voice recording devices which were later transcribed and narrated to facilitate data analysis. The data was analyzed with the help of thematic analysis. The study also includes secondary data which comprising published research papers and articles. Secondary data have been utilized for collecting information providing good data base and building a comparative approach to the related study.

Overall, this research paper adopts a rigorous and well-structured methodology that combines personal connections, qualitative data collection techniques, and case study as a data analysis method to explore the positive impacts of Afghan refugees on Pakistan economy in Tehsil Adenzai District Lower Die, Malakand Division, Khyber Pakhtunkhwa, Pakistan.

Data Analysis

Thematic analysis was selected as the primary method to examine the qualitative data gathered in this study. This method worked very well for methodically locating recurrent themes and patterns in the responses provided by the

participants. A thorough investigation of exploring the efficacy of Unani medicine in Tehsil Adenzai was made possible by the application of thematic analysis, which provided insightful information about the system of Unani medicine in the mentioned locale.

Results

The Concept of Health in Unani Medicine

According to Unani medicines human body is made up of four main components which are Air, water, fire and earth and these components have different nature which are hot cold dry and wet. Human body is composed of organ which receive food through four basic humors that blood, phlegm, yellow bite and black bite (Ahmad & Akhtar 2007). According to Unani medicine when there is equilibrium in all these humors it is a sign of healthy body and when there is unstability un these humors it is a sign of disease (Mubeen & Khan 2018).

A study respondent argued that;

The world is made up of earth, air water and fire just like the world human is also made up of four basic components which are Dam, Safra, Balgham and Soda (Blood, Yellow bite, Phlegm and Black bite) the equilibrium among this humor is a state of good health and which there is instability it means the person is suffering from disease. Such as when a person face color is yellow so the patient safra (yellow bite) level is high which means that patient is suffering from hepatitis while if someone color is red it means his blood level is high which means that the patient is suffering from high blood pressure.

The concept of health is Unani system has unique parameter which is used in many countries all over the world. In Pakistan specially in Tehsil Adenzai Lower Dir Khyber Pakhtunkhwa the Unani Physician used the same method for measuring the state of health. The above discussion highlighted how Unani physicians diagnose patient and measured the state of health in Unani system.

Method of Diagnosing Patient

According to Ministry of AYUSH, Government of India Unani system have a unique form of

diagnosing a patient which includes history taking, physical examination of patient as well as examination of stool and urine of a patient. The Unani system also emphasize on pulse for diagnosing patient. Using pulse for diagnosing patient have ten characteristics such weight, rhythm, volume of pulse etc.

The examination of urine is also a method for diagnosing patient. This method was first introduced by Hippocrates. Urine is absorbed from blood by kidney. Urine shows the health of liver as blood is produced in liver so the examination of urine shows the health of our liver. In the ancient time urine was first method for diagnosing patient and they believed that it determined patient temperament. Although in the contemporary world the tools and methods for examining urine is change but still used for diagnosing patient (Bano et al).

A study respondents said that;

The patient is first diagnosed by looking to his face e.g when the patient color is yellow it is a sign of patient suffering from hepatitis while if a person has red color, it may be a sign of high blood pressure. The study respondents also argued that checking pulse is also used for diagnosing patient. They put their three finger on the patient nerve and check the flow of blood in the nerve e.g if someone have low pulse it means he is suffering from erectile dysfunction or someone have medium pulse it means the patient is suffering from stomach issues.

One of study respondents asserted that;

Diagnosing patient by examining patient urine is still in practice but due to lack of tools we are unable to examine patient urine for this purpose we send patient urine to biomedical laboratory and on the basis of laboratory report we treat our patient.

The above story was about how Unani physicians diagnose their patient. Study respondents revealed comprehensive perspectives on diagnosing patient in Unani system. Unani system uses different methods for diagnosing patient from biomedical field. They check the color of patient, checking pulse as well as examining patient urine. They check speed of

pulse and determined the health and illness of a patient. Examining urine is still practiced in Unani system but due to lack of tools and advancement in the medical they did not examine urine himself but send to medical laboratory in order to treat patient.

Treatment in Unani Medicine

In Unani medicines there are four methods for treatment of a disease which are regimental therapy, diet-therapy, pharmacotherapy and surgery. In regimental therapy patient is treat through regulation of life style, food habits etc (Lone et al 2011). Diet therapy is used for treatment of disease by regulating food habits such as fasting is a method in diet -therapy for treatment. It is non- medical method which prevent pharmacotherapy and maintain nutrition according to the capacity of body (Bashir & Akhtar 2018). Whereas pharmacotherapy uses drugs obtain from natural plants, mineral and animals for the treatment of a particular disease (Akhtar & Ahmad 2007). While surgery is also a method for treatment of a disease but the most common surgical method used un Unani system is circumcision. This practiced was performed initially for cultural and religious identity and integrity (Alam et al 2018).

The study respondent argued that;

There are four main type of treatment in Unani system but the most used method in the contemporary world is the pharmacotherapy which is to treat patient with the help of herbal medicines. Although diet-therapy and pharmacotherapy are almost the same things because many food items are used for making herbal medicine such as cucumber is used for making medicine which is then used for treatment of many diseases.

One of study respondent argued that;

The Unani system have four method of treatment among them the last method for treatment of a disease is surgery which was used in the ancient time. Due to the advancement in the health sector contemporary Unani physicians are unable to do surgery. Moreover, the patient prefers bio- medical doctor for surgery instead of us.

The study respondents highlighted many methods for treatment such as regimental therapy, diet-therapy, pharmacotherapy and surgery. They highlight that contemporary physicians use herbal medicine for treatment of a disease instead of remaining three methods. Surgery was used in the ancient time but the contemporary physicians are not able to do surgery as well as patients prefer bio-medical doctor instead of them.

Challenges Toward Unani Medicine in Contemporary World

According to Rising Kashmir Unani system of medicine has remarkable past but unfortunately this system of medicine faces both internal as well as external challenges such as people are not interested in learning this type of healing system as well as teachers are not excited to teach this kind of healing system in schools as well there is not much new research on Unani medicines. Moreover, some people are interested in merging Unani medicines with other type of healing system which is not a good idea as this system will lose its identity.

The study respondents argued that;

In the contemporary world Unani medicines is facing tough time in Pakistan such as most of the herbal medicines are imported from India but due to tension between Pakistan and India sometime it becomes a hurdle for importing herbal medicine from India. Furthermore, there are very less research and development programs on Unani medicines in Pakistan and most of the research is done on bio-medicine as patients mostly prefer bio-medicine instead of Unani medicine for healing.

The study respondents highlighted important challenges that the Unani system is facing in the contemporary time which may reduce the importance of this system of healing. Due to the tension between Pakistan and India quality herbal medicines are not imported from India. There is very less research on the Unani system which reduces its importance in the contemporary world. So in the future Unani medicine may lose its importance and disappear from the world.

Discussion

Exploring the efficacy of Unani medicine in Tehsil Adenzai District Lower Dir Khyber Pakhtunkhwa Pakistan was the central focus of this study. Thematic analysis and in-depth interviews produced a number of important assumptions. The study shows important themes such as the concept of health in the Unani system, method of diagnosing a patient, treatment of a patient as well as challenges toward the Unani system of healing in the contemporary world.

The findings of this research show that the Unani system of medicine exists in the locale from many decades. Most of the physicians follow their ancestor's legacy of work. Majority of the physicians have got education in the Unani system in Persian and Arabic language and have more than thirty years of experience. According to Unani medicine, the human body is made up of four humors: blood, yellow bile, black bile, and phlegm. When there is equilibrium among these humors, it is a state of good health, and when there is instability among these humors, it is a state of bad health or disease.

The results show that the Unani system has a unique form for diagnosing a disease. The respondent told me that they diagnose a patient by their appearance as the human body is made up of four things which are blood, phlegm, yellow bile, and black bile. On the basis of this, we diagnose and treat a patient. Moreover, they diagnose a patient with the help of checking his/her pulse. They put their three fingers on the patient's pulse and check the flow of blood in the pulse. For example, if someone has a low pulse, it means he is suffering from erectile dysfunction or someone with a medium pulse means the patient is suffering from stomach issues.

The findings also show that there are four types of treatment in the Unani system: regimental treatment, pharmacotherapy, diet therapy, and surgery. In the area, the most used method for the treatment of a disease is pharmacotherapy. Furthermore, surgery is also a part of the Unani system but in the contemporary world, people do not believe in Unani physicians to do surgery as well as the contemporary Unani physicians do not know how to do surgery so when it comes to

surgery they refer patient to biomedical doctors. The finding also reveals some challenges toward Unani medicine in Pakistan such as less research and development in the field as well as lack of quality herbal medicine in the country.

Conclusion

Unani system of medicine is a traditional healing system and is found in Pakistan from many decades. This system of medicine come to this area in Arabic and Persian languages. There are a lot of patient seeking Unani system of treatment they seek treatment of Unani system for many diseases such as stomach problems, muscles pain, jaundice and erectile dysfunction etc. that Unani system have unique form for diagnosing a disease they diagnose patient by their appearance such as someone color is yellow it is a sign of hepatitis. Moreover, they diagnose patient with the help of checking his/her pulse. The contemporary Unani physicians used only herbs medicine for treatment of a disease and they have lack ability of doing surgery of a patient when required. Unani system of medicine face challenges such as many plants and seeds which is useful for treatment come from India but due to tension between Pakistan and India it become difficult import medicine from India. Furthermore, this system is not recognized by the state of Pakistan and did not give funds to this system of healing so there is very less research and development in the field.

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