

Geriatric Care and Concept of Anti-Aging in Unani System of Medicine and Western Perspective: A Review

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Abstract

According to Unani System of Medicine, human life (ages) is classified into four categories i.e. *Sin-e-Namu*, *Sin-e-Shabab*, *Sin-e-Kahulat* and *Sin-e-Shaikhukhat* (*Mashaikh*), which have own specific *Mizaj* and *Kaifiyat* according to their age. Basically, when *Kaifiyat* changes; it leads to derangement of their *Mizaj*. When *mizaj* deviates from normal to abnormal path then, it causes changing in their ages chronically. For this, *tahleel* (diminished) *Ratoobat Ghareeziya* and *Hararate Ghareeziya* advocate the process of aging. Unani Atibba described different types of regimes (*tadabeer*) for the care of *mashaikh* (i.e. *Riyazat*, *Dalk*, *Hammam*, *Nutool*, *Hijama*, *Naghma*, *Safar*, *Fasd*, *Ghizza*) and management through (Plant, Mineral and animal origin drugs) which delayed the process of aging. Unani Atibba also mentioned the organ specific and generalized care. Specific care of an organ stimulates the vitality, which is responsible for the maintenance of *Hrarate Ghareeziya*. USM is the only system of medicine which also mentioned the organ specific treatment (i.e. immunomodulator, antioxidant and nootropic activity). Some *Murakkabat* which delayed the process of aging are *ltriphal Sagheer*, *ltriphal Kabir*, *Majoon Waj*, *Majoon Bladur*, *Majoon Barhami*, *Majoon Bolas*, *Majoon Flasafa*, *Jawarish Jalinus*, *Tiryaqe Farooque*, *Tiryaqe Wabai*, *ltriphal Ustokhuddus*.

Keywords: Anti-aging; Geriatric care; *Mashaikh*; Unani medicine

Introduction

According to Unani System of Medicine, Human life is categorized into four stages viz; *Sin-e-Namu* (*Mizaj* is *Haar Ratab* and ages upto 30 years), *Sin-e-Shabab* (*Mizaj* is *Haar Yabis* and ages 30 to 40 years), *Sin-e-Kahulat* (*Mizaj* is *Barid Yabis* and ages upto 60 years) and *Sin-e-Shaikhukhat* (*Mizaj* is *Barid Ratab* and ages 60 years to onwards) [1].

Sin-e-Shaikhukhat is the period in which the lacking of quantity of *Ratoobate Ghareeziya* occurs and it is lesser than the quantity required for the preservation of *Hararate Ghareeziya* for the continuing the bodily normal metabolism and dominated by *Ratoobate Ghareeba Bala* (abnormal metabolic products). In this period deterioration in the powers and faculties of the body is noticeable. *Ratoobate Ghareeziya* and *Hararate Ghareeziya* are markedly reduced; hence the *mizaj* becomes *Barid* and *Ratab* [1-3].

Aging is a universal biological process that leads to progressive and deleterious changes in organisms [4]. In western perspective of aging is "a persistent decline in the age-specific fitness components of an organism due to internal physiological degeneration" [5].

Anti-aging wisdom is definitely not a new research area but also cited by ancient Unani Scholars in their old classical text like, *Firdaus Al Hikmat* (810-895 A.D.), *Al Havi Fit Tibb* (850-923 A.D.), *Kamil-us-Sana* (930-999 A.D.), *Al-Qanoon* (980-1037 A.D.), *Zakheera Khwarzami Shahi* (1041-1136 A.D.), *Al-Mukhtarat Fit-Tibb* (1121-1213 A.D.), *Kitab Al-Kulliyat* (1126-1198 A.D.), *Kulliyate Nafeesi* (15th century A.D.), *Al-Akseer* (1813-1902 A.D.).

Nowadays, the meaning of anti-aging has been changed from simply prolonging lifespan to increasing health span, which emphasizes more on the quality of life [4].

Health is totally depending upon three faculties, which maintain the *Hararate Ghareeziya* and regulates the all functions of the body [1]. Basically life is a wheel which is composed of three spokes (faculties) i.e. *Quwwate Nafsaniya*, *Quwwate Tabie'yya* and *Quwwate Haiwaniya* (Figure 1). When disturbances occur in these three faculties it leads to degenerative changes and finally end of life. Initially when *Quwwate Nafsaniya* is weak, it creates neurological associated problems such as *Nisyan* (Dementia), Alzheimer's disease and Parkinson's disease etc. *Quwwate Tabie'yya* is responsible for production of pure humours and maintains balance of *Ratoobate Ghareeziya* and *Hararate Ghareeziya*. *Quwwate Haiwaniya* is responsible for circulation of blood and protects the body from free radicals. Free radicals also initiate the process of aging.

Pathology of Aging

Excessive use of those substances which are responsible for the production of phlegm (Milk, vegetables, *Hareesa*, Ice water), excessive use of sour foods (Curds, Tamarind, Pickles), excessive coitus, excessive *Hammam*, *Amrazemuzmina* (*Silwa Diq*, *Sartan*, *Ziabetus Shakri*, *Siman-e-mufrit*), *Amraze Asaab* (*Sara*, *Sarsaam*, *Sakta*, *Jamood*, *Falij*, *Istirkha*), mal-nutrition, genetic cause, psychological cause, *Tafarruq waittesal*, *Sue Mizaj*, *Zofe Dimagh*, inadequate sleep [6-17].

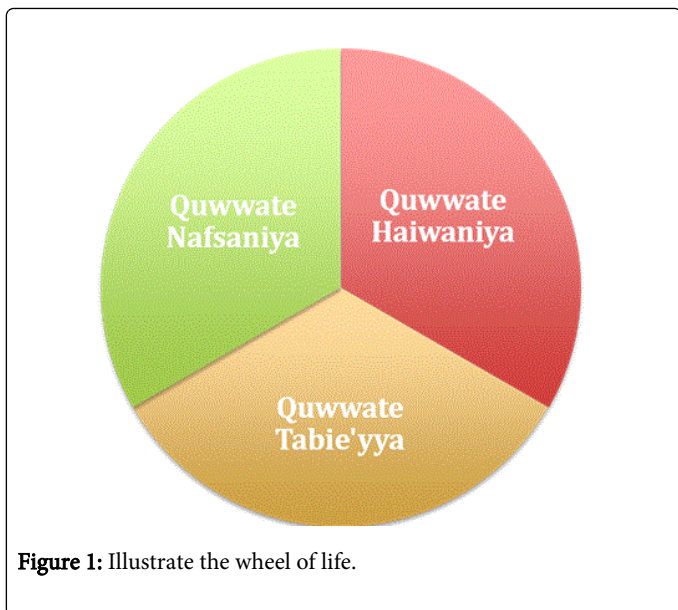


Figure 1: Illustrate the wheel of life.

Mechanism of Aging in Unani Perspective

Ratoobate Ghareeziya play key role for the equilibrium of *Hararate Ghareeziya*. When Quantity and quality of *Ratoobate Ghareeziya* changed, it directly affects the *Hararate Ghareeziya*. Excess diminishing (*tahleel*) of *Hararate Ghareeziya* affects in two ways i.e. (i) Diminished *Hararate Ghareeziya* leads to change in *Huzoome Arba'*, if changing occurs in *Huzoome Arba'* then leads to abnormal humours or *ratoobat* which advocates the change in their *Mizaj* which is prominent factor for aging and (ii) Diminished *Hararate Ghareeziya* also diminished the power or faculties. Diminished powers unable to performs in proper function that is also promotes the process of aging [8,18-20]. According to author of Kamil Al-Sana'a, Ali Ibn Abbas Majoosi coated regarding death as "Death occurs in living organisms, when *Fasaad* occurs in *Hararate Gharizia* (Figure 2)."

Preventive Measures of Aging

- Avoid sharp and sour taste food items
- Avoid excessive coitus
- Drinking cold water is contraindicated immediately after coitus
- Moderate exercise and massage regularly
- Use of *Zood Hazmand Jayyadul Kaimus Ghiza*
- Eat food with proper mastication
- Avoid excessive *Hamam*
- Avoid excess use of *Charpari* diets

- Avoid cold drinks just early morning (*Neharmunh*)
- Daily use of *Garam Roghaniyat* (i.e. *Roghane Amla*) - delayed aging
- Daily consumption or intake of *Itriphal Sagheer*, *Murabba Amla* and *Murabba Zanjabeel* - delayed aging
- Use of meats which prepared by aromatic spices like; *Qaranphal*, *Jaiphal*, *Javetry*, *Zeera Siyah*, *Khulanjan*, *Sirka* - delayed process of aging
- Use of *Chuqandar* with *Rai* - delayed process of aging
- Avoid *Arqe Ghulab* on face and head [6,19,21].

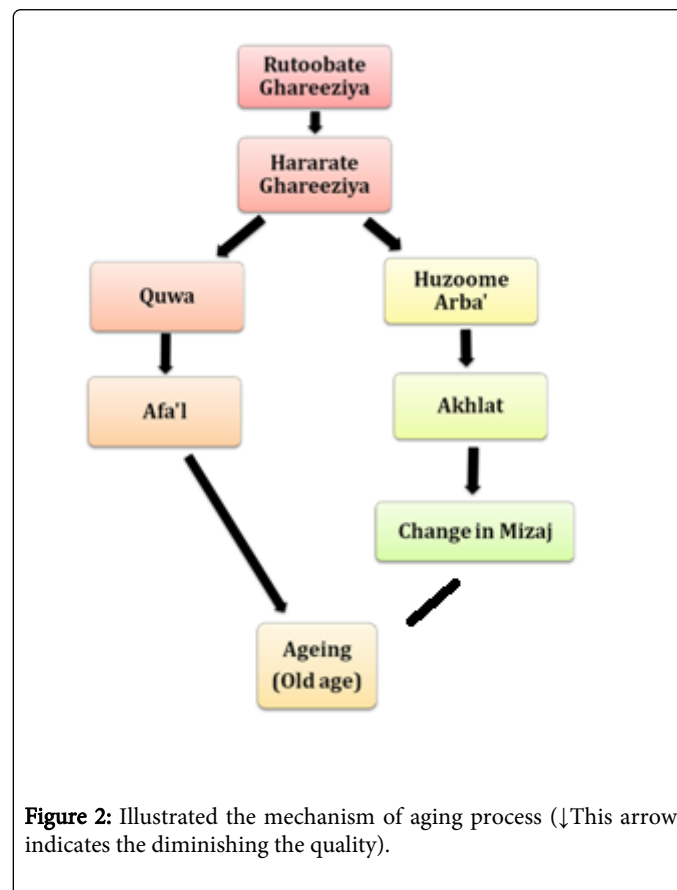


Figure 2: Illustrated the mechanism of aging process (↓ This arrow indicates the diminishing the quality).

Management of Aging

Unani *Atibba* also mentioned the medicament, which delay the process of aging and balance the health are of three types viz; Plant origin, Mineral origin and an Animal origin (Tables 1 and 2). These drugs are mostly *Haarmizaj* except *Amla* (which has *Barid Mizaj*) and most of the drugs have been proved as antioxidant, immune-modulator, nootropic, anticancer, free radical scavenging, *Kaya Kalp/Rasayain/Aabe Hayat/Elixir of life/Iksir-e-Badan* [6,11,22-44] (Tables 3 and 4).

Common name	Botanical name	Family
Aakhrot	Juglans regia	Juglandaceae
Ajwain Kurasani	Hyoscyamus niger	Solanaceae

AqarQarha	Anacyclus pyrethrum	Asteraceae
Amla	Emblicaofficinalis	Phyllanthaceae
Asgand	Withaniasomnifera	Solanaceae
Azaraqui	Strychnosnuxvomica	Loganiaceae
Badam	Prunusamygdalus	Rosaceae
BadranjBoya	Mellisaofficinalis	Lamiaceae
Balela	Terminaliabalberica	Combretaceae
Barhami	Bacopamonnieri	Scrophulariaceae
Bhilavan	Semecarpusanacardium	Anacardiaceae
BhuiAmla	Phyllanthusamarus	Phyllanthaceae
Bisbasa	Myristicafragrans	Myristicaceae
Darchini	Cinnamomumzeylanicum	Lauraceae
FilfilDaraz	Piper longum	Piperaceae
FilfilSiyah	Piper nigrum	Piperaceae
Gaozaban	Boragoofficinalis	Boraginaceae
Gilo	Tinosporacordifolia	Menispermaceae
Halela	Terminaliachebula	Combretaceae
Injeer	Ficuscarica	Moraceae
Jadwar	Delphinium denudatum	Ranunculaceae
Jaiphal	Myristicafragrans	Myristicaceae
Jatamansi	Nardostachysjatamansi	Valerianaceae
KababChini	Pipebercubebea	Piperaceae
Kalonji	Nigella sativa	Ranunculaceae
Kalmegh	Andographispaniculata	Acanthaceae
Khulanjan	Alpinia galangal	Zingiberaceae
Kishneez	Coriandrum sativum	Apiaceae
Kundur	Boswelliaserrata	Burseraceae
Lahsun	Allium sativum	Amaryllidaceae
Mastagi	Pistacialentiscus	Anacardiaceae
Ood	Aquilariamalaccensis	Thymelaeaceae
Qaranfal	Syzygiumaromaticum	Myrtaceae
Qust	Saussurealappa	Asteraceae
Rehan	Ocimum sanctum	Lamiaceae
Saad Kofi	Cyperusrotundus	Cyperaceae
Sazajhindi	Cinnamomumtamala	Lauraceae
ShahmeHanzal	Citrulluscolocynthis	Cucurbitaceae

Sibr	Aloe barbadensis	Xanthorrhoeaceae
Tahlab	Spirulinaplatensis	Cynobacteria
Tambol	Piper betle	Piperaceae
TukhmKarafs	Apiumgraveolens	Apiaceae
WajTurki	Acoruscalamus	Acoraceae
Zafran	Crocus sativus	Iridaceae
Zaitoon	Oleumeuropaea	Oleaceae
Zanjabeel	Zingiberofficinale	Zingiberaceae
Zarnabad	Curcuma zedoaria	Zingiberaceae
Zarnab	Taxusbaccata	Taxaceae

Table 1: Drugs which are plant origin.

Unaniname	Scientific name
Fizza	Argentum
Momiyai	Asphaltum
Sammul Far	Arsenic
Salajeet	Asphalt
Yaqoot	Red carborandum
ZaharMohra	Serpentine
Zamarrud	Emerald
Zahab	Aurum

Table 2: Drugs which are mineral origin.

Unaniname	Scientific name
Ambar	Ambragrasea
Asl	Apisindica
Luloo	Mytilusmargaritifera
Marjan	Coralliumrubrum
Mushk	Moschusmoschiferous
Sadaf	Pinctadamargaritifera
Sartan	Scillaserrata

Table 3: Drugs which are animal origin.

UnaniMurakkabat (Compounds) names
Anooshdaru
Habb-e-Azaraqui
ItriphalKabir
ItriphalKishneezi

ItriphalSagheer
ItriphalUstakhuddus
JawarishJalinus
KhamiraGaozabanAmbariJawaharwala
KhamiraGaozabanSada
MajoonAtyab
MajoonBarhami
MajoonBladur
MajoonFlasafa
MajoonWaj
TiryaqeFarooque
TiryaqeWabaee

Table 4: Compound formulation.

Conclusion

Human body totally depends upon all three vital faculties (*QuwwateNafsania*, *QuwwateTabie'yya* and *QuwwateHaiwania*) which acting as a spoke of life wheel. For continuous motion of this wheel, maintained by interpedently of each other like; *RatoobateGhareeziya*, *HararateGhareeziya*, humours, temperament, faculties, action. When derangement occurs, it leads deviation from normal to abnormal which advocate the process of aging. Unani *Atibba* intensely depicted process of aging and care of it in the caption of *TadabeereMashaikh*. The regimes and drugs (single and compounds) which described by Unani Scholars in their old classical text for management of aging which are now proved scientifically (antioxidant, immune-modulator, nephro-protective, Cardio-protective, hepato-protective, anticancer, nootropic activity etc.) as delaying the process of aging and also promote to maintain the balance health.

Most of the neurodegenerative disorders are cross-linked with a number of aging-associated conditions (Dementia, Insomnia, Alzheimer's, Parkinson, ZofeDimgh, Falij, Laqwa, Istirka, etc). So, most of the nootropicmurakkabat (*MajoonBaulas, MojoonWaj, MajoonFalasafa, JawarishJalinus, Itriphalatetc.*) mentioned by Unani scholars in their text are rewarding delayed the process of aging. After the exhaustive literature survey for shaping this review article, it seems to be more reasonable for the direction of geriatric care panorama.

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