

NATIONAL INSTITUTE OF UNANI MEDICINE, BENGALURU
Faculty wise List of Books and Chapter in Book

1. DEPARTMENT OF ILMUL ADVIA

Sl. No.	Title of Book	Publisher and ISBN No.
1. Prof Abdul Wadud		
1.	Ishrahul Advia	Self, 2004
2.	Aphrodisiacs and Treatment of Impotence in Alternative Systems of Medicines	Green foundation Hyderabad, India; 2008; ISBN:978-81-906630 -1-4
3.	Scientific Appraisal of Unani Herbs Acting on Female reproductive Systems	Lambert Academic Publishing, Germany, 2012; ISBN:978-3-659-11677-3
4.	Handbook of Healing Spices and Condiments	Green foundation Hyderabad, India; 2015
5.	Essentials of Research Methodology in Unani Medicine	Frontline Publication, India, 2020; ISBN: 9781-89966-81-2
2. Prof Ghulamuddin Sofi		
6.	Mujarabate Azam	V Chand Memorial Public Charitable Trust, New Delhi, India; 2009
7.	Foundation of Murakkab Drugs in Unani System of Medicine	Hidayat Publishers and Distributers, New Delhi, India; 2019
3. Dr. Najeed Jahan		
8.	A manual of instruments used in Unani Pharmacy	Bookware Publishers, J.C. Nagar, Bangalore, 2011; ISBN: 978-81-921870-0-6
9.	Textbook of Standardization	Bookware Publishers, J.C. Nagar, Bangalore, 2013; ISBN: 978-81-921870-8-2
3. Dr. Nasreen Jahan		
10.	Asalussoos (Tahqeeqi aur Tajziyati Mutala)	M.A. Computers, Near Safed Masjid, Deoband, 2004
11.	Hand book of experimental animals	Amber Graphic Printers, Bangalore-02, 2013
12.	Chapter in Book: Bio-active Compounds from Unani Medicinal Plants and Their Application in Urolithiasis, M. K. Swamy, M. S. Akhtar (eds.), Natural Bio-active Compounds, https://doi.org/10.1007/978-981-13-7205-6	Springer Nature, Singapore Pvt Ltd. 2019; ISBN: 978-981-13-7204-9; ISBN: 978-981-13-7205-6 (eBook)
13.	Chapter in Book: Phytochemical and Pharmacological. Appraisal of Barks from Unani Medicinal. Plants, M. K. Swamy (ed.), Plant-derived Bioactives, https://doi.org/10.1007/978-981-15-1761-7	Springer Nature Singapore Pvt Ltd. P. 523, 2020; ISBN: 978-981-15-1760-0; ISBN: 978-981-15-1761-7 (eBook)

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2. DEPARTMENT OF TAHAFFUZI WA SAMAJI TIB

Sl. No.	Title of Book	Publisher and ISBN No.
1. Dr. Abdul Haseeb Ansari		
14.	Jadeed Moashrey main Jinsi Hifzan-e-Sehat ke Usool	National Educational Society (Regd.), Aligarh, Dec. 2001
15.	Khurd-o-Noash (Ghiza) – Hifzan-e-Sehat ke Tanazur mein	National Educational Society (Regd.), Aligarh, July 2002
16.	Evaluation of Nutritional Status Anthropometry	LAP- Lambert Academic Publishing, Germany, 2011; ISBN: 978-3-8443-83720
17.	Umūr Ṭabī'iyā	Idara Kitabush Shifa, New Delhi, 1 st Ed. Feb. 2012
18.	A Glossary of Objective Questions in Surgery (for PG Competitive Examinations)	Idara Kitabush Shifa, New Delhi, 2012
19.	Chapter “Tadabeer Asbab Sitta Zarooriya” in the Book Hifzan-e-Sehat, (Urdu) as part of PROJECT on “Work for writing of Text Books on Unani Medicine”	National Council for Promotion of Urdu Language (NCPUL), an autonomous body under Govt. of India, Ministry of HRD, New Delhi, 2018; ISBN: 978-93-87510-49-4
20.	Umūr Ṭabī'iyā	Kutub Khana Amjadia, Jama Masjid, Delhi, 2 nd Ed. Jan. 2020; ISBN: 978-81-944988-0-3
2. Dr. Zarnigar		
21.	Qai wa ishal ki Tibbi Ahmiat	Mishkaat Printers, Aligarh, 2012; ISBN: 97881928837-3-1
22.	Shakhsi Hifzane Sehat	Mishkaat Printers, Aligarh, 2013; ISBN: 97881928837-5-5
3. Dr. Malik Itrat		
23.	Lifestyle Diseases: Prevention and Management in Unani Medicine	Self-Published, 2015; ISBN: 978-93-5258-394-2
24.	Chapter on “Unani Medicine on Healthy Living” in the Encyclopedia of Gerontology and Population Aging edited by Danan Gu and Matthew E. Dupre	Springer, 2019; Online ISBN: 978-3-319-69892-2

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3. DEPARTMENT OF ILMUL QABALAT WA AMRAZE NISWAN

Sl. No.	Title of books	Publisher and ISBN No.
1. Prof. Wajeeha Begum		
25.	Amraz e pistan (Diseases of Breast)	Cureall Remedies (Medico publication division), Hyderabad, 2007.
26.	Ilmul Amraz (Unani pathology)	International Academy of Unani Medical Sciences, Hyderabad, 2010.
27.	Viva in Amraz e Niswan (Viva in Gynecology)	International Academy of Unani Medical Sciences, Hyderabad, 2011.
28.	Qarabadeen Niswan	Bookware Publisher, Bangalore, 2011; ISBN: 978-81-921870-1-3
29.	Futurate Haiz	Bookware Publisher, Bangalore, 2014
2. Dr. Ismath Shameem		
30.	Isqaat (Abortion): A Detailed Study	Bookware Publisher, Bangalore, 2011; ISBN:9781-81-921870-6-8
31.	Recent Advances in the Management of Pre-eclampsia and Eclampsia	Bookware Publisher, Bangalore, 2011; ISBN:9781-81-921870-7-5
3. Dr. Arshiya Sultana		
32.	Scientific appraisal of Unani herbs acting on female reproductive system	LAP Lambert Academic Publishing, Germany; 2012; ISBN:978-3-659-11677-3
33.	Essentials of Research Methodology in Unani Medicine	Frontline Publication, Hyderabad, India, 2020; ISBN:9781-89966-81-2
4. Dr. Kouser Fathima Firdose		
34.	Qarabadeen Niswan	Bookware Publisher, Bangalore, 2011; ISBN: 978-81-921870-1-3
35.	Futurate haize	Bookware Publisher, Bangalore, 2014
36.	A handbook of Ilaj Bit Tadbeer (Regimenal Therapy) in obstetrics and gynecology	Bookware Publisher, Bangalore, 2014

4. DEPARTMENT OF ILMUL SAIDLA

Sl. No.	Title of books	Publisher and ISBN No.
1. Prof. Roohi Zaman		
37.	Chapter: "Diabetic diet foods possessing hypoglycaemic activity in Ayurvedline Magazine	Printed at S.M Offset Printers. Bengaluru. 2000
38.	Chapter: "Introduction and Basic fundamentals of Unani system of Medicine	Published as Chapter for PG Diploma in Medical Law & Ethics at National law school of India University, 2010.
39.	Chapter: "Role of Unani Medicine in providing Primary Health Care" in Gym 3 & AYUSH	Published by Dr. C.K. Hiranya Gowda, Nashville, Tennessee. 2011, ISBN: 978-1-57843-096-3
40.	Book- "Art & Science of Kushtasazi"	A.K. Graphics, # 2288, 3 rd cross, RT Nagar PO, Bengaluru 560032, 2011

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41.	Chapter: The principles of Diet Therapy in Unani System of Medicine. Connecting Indian Wisdom and western Science: Plants Usage for Nutrition and Health	Published by CRC press Taylor and Francis group, 2015, ISBN 978-1-4822-9976-2
2. Dr. Hamiduddin		
42.	Chapter "Preliminary Screening of Reetha (<i>Sapindus trifoliatus</i> & <i>Sapindus mukorossi</i>) & Tukhm-e-kasoo (<i>Cuscuta reflexa</i>) as an Hepatoprotective in experimental animal" in Book title: Traditional Systems of Medicine	Narosa Publishing House, New Delhi, pp.333-348, 2006; ISBN: 81-7319-707-5
43.	Muzir Musleh Maa Jadeed Izafaat (A book on the Toxicity/ Adverse effect of Unani drugs & its corrective with recent advances)	Self-Published, Printed at Taj Press, Burhanpur, India, 2009
3. Dr. Khaleequr Rahman		
44.	Scientific appraisal of Unani herbs acting on female reproductive system	LAP Lambert Academic Publishing, Germany; 2012; ISBN: 978-3-659-11677-3
45.	Essentials of Research Methodology in Unani Medicine	Frontline Publication, India 2020; ISBN:9781-89966-81-2

5. KULLIYATE TIB

Sl. No.	Title of Book	Publisher and ISBN No.
1. Prof. Mohammad Zulkifl		
46.	Munaf-ul-Aza- Ghiza, Hazam, Istehala and Ikhraj	Saba Publisher, Aligarh, 1998
47.	Temperamentology (A scientific appraisal of human temperament)	Dr. I. H. Zaidi, Deptt. of Kulliyat, AMU Aligarh, 2009
48.	Evaluation of nutritional status	LAP- Lambert Academic Publishing, 2011; ISBN: 978-3-8443-83720
49.	A chapter "Tabiyat-e-Insaniah" in Kulliyat-e-Umoor-e-Tabiyah	Prof. Iqtidarul Hasan Zaidi (Publisher), Aligarh, Printed at Litho Offset Printers; 2011
50.	A chapter "Nizam-i-ikhraj" (Excretory system) in the Munafe-ul-Aaza (Physiology), Vol.2.	Qaumi Council Barae Farogh Urdu Zaban, (NCPUL), 2016; ISBN:978-93-5160-143-2
51.	A chapter "Nizam-i-Asab" (Nervous system) in the Munafe-ul-Aaza (Physiology), Vol.3.	Qaumi Council Barae Farogh Urdu Zaban, (NCPUL), 2016; ISBN:978-93-5160-144-9
52.	Four chapters "Amraz ba Zariya Hashrat (Arthropod borne diseases)", "Amraze Zahrawia [Jinsi Intiqali Amraz] (Sexually transmitted Infections)", "Daul Kalab (Rabies)", "Tadabir	Qaumi Council Barae Farogh Urdu Zaban, (NCPUL), 2018; ISBN: 978-93-87510-49-4

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	Makhsusa [Tadabir Hifzane Sehat] (special techniques for prevention)" in Hifzane sehat.	
2. Dr Wasim Ahmad		
53.	A chapter "Hakim Abdul Hameed ke Sawanihi Ma'akhiz" in Paikare Fikro Amal	Faraz Khalid, F 1/11, Joga Bai Extension Jamia Nagar, New Delhi, 2010
54.	A chapter "Anasir ek Mutala" in Post Graduate Education Research Methodology & Manuscript Studies in Unani medicine	Ibn Sina Academy of Medieval Medicine & Sciences Aligarh, 2011; ISBN: 978-93-80610-04-4
55.	A chapter "Kitab al Ashr Maqalaat fil Ain" in Raziye Hind Professor Hakim Mohammad Taiyib	Hakim Fakhre Alam, Alhikmah Foundation, New Delhi, 2013
56.	Tibb Amlī	A& U Tibbiya College Karol Bagh, New Delhi, 2014
57.	A chapter "Khams Masa'il Tahqeeq wa Tajziya" in Nuqoosh Ajmal	CCRUM, New Delhi, 2016; ISBN: 81-87748-49-4
58.	'Hakim Mazhar Subhan Usmani Fan aur Shkhsiyat" in Urdu Adab ke Farogh mein Atibba ka Hissa	Islahi Health Care Foundation New Delhi, 2016; ISBN: 978-81-929739-3-7
59.	Unani Medicine at a Glance	National Institute of Unani medicine, Dept. of Kulliyat Tib, Kottigepalya, Magadi Main Road, Bangalore, YNM; ISBN: 9960-899-60-8
60.	Kitab al Quwa at-Tabī'iyya	Azra Book Traders, Darya Ganj New Delhi, 2019; ISBN: 819402659-8

6. DEPARTMENT OF ILAJ BIT TADBEER

Sl. No.	Title of Book	Publisher and ISBN No.
1. Dr. Hamid Ali		
61.	Handbook of Toxicology	ANIS Enterprises, New Delhi, ISBN: 81-85-171-05-X
62.	Atherosclerosis (Salabate Sharaeen) and its management by Unani Medicine	Lap Lambert Academic Publishing, Germany, 2014; ISBN: 978-3-659-64176-3

7. DEPARTMENT OF ILMUL JARAHAT

Sl. No.	Title of Book	Publisher and ISBN No.
1. Prof. Saiyad Shah Alam		
63.	Amraz-e-Atfal	Alok Press Bhopal, 2009
64.	Integrative Management of Non Healing Ulcers (A Unani Traditional Concept)	Idara Kitab us Shifa, New Delhi, October 2018; ISBN: 9789387438439

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8. DEPARTMENT OF MAHIYATUL AMRAZ

Sl. No.	Title of Book	Publisher and ISBN No.
1. Prof. Abid Ali Ansari		
65.	Asalussoos (Tahqeeqi Aur Tajziyati Mutala)	M.A. Computers, Near Safed Masjid, Deoband, 2004.
66.	Umūr Ṭabī'iyya	Idara Kitabush Shifa, New Delhi, 1 st Ed. Feb. 2012
67.	Al- Rasala Fil Bohran	Qazi Printers, HMS, Complex, Sherani Road, Tumkur, 2013.
68.	Anāšir Badaniyya	Idara Kitabush Shifa, New Delhi, 1 st Ed., 2013
69.	Anāšir Badaniyya	Kutub Khana Amjadia, Jama Masjid, Delhi, 2 nd Ed. 2020; ISBN: 978-81-944988-1-0
70.	Umūr Ṭabī'iyya	Kutub Khana Amjadia, Jama Masjid, Delhi, 2 nd Ed. Jan. 2020; ISBN: 978-81-944988-0-3

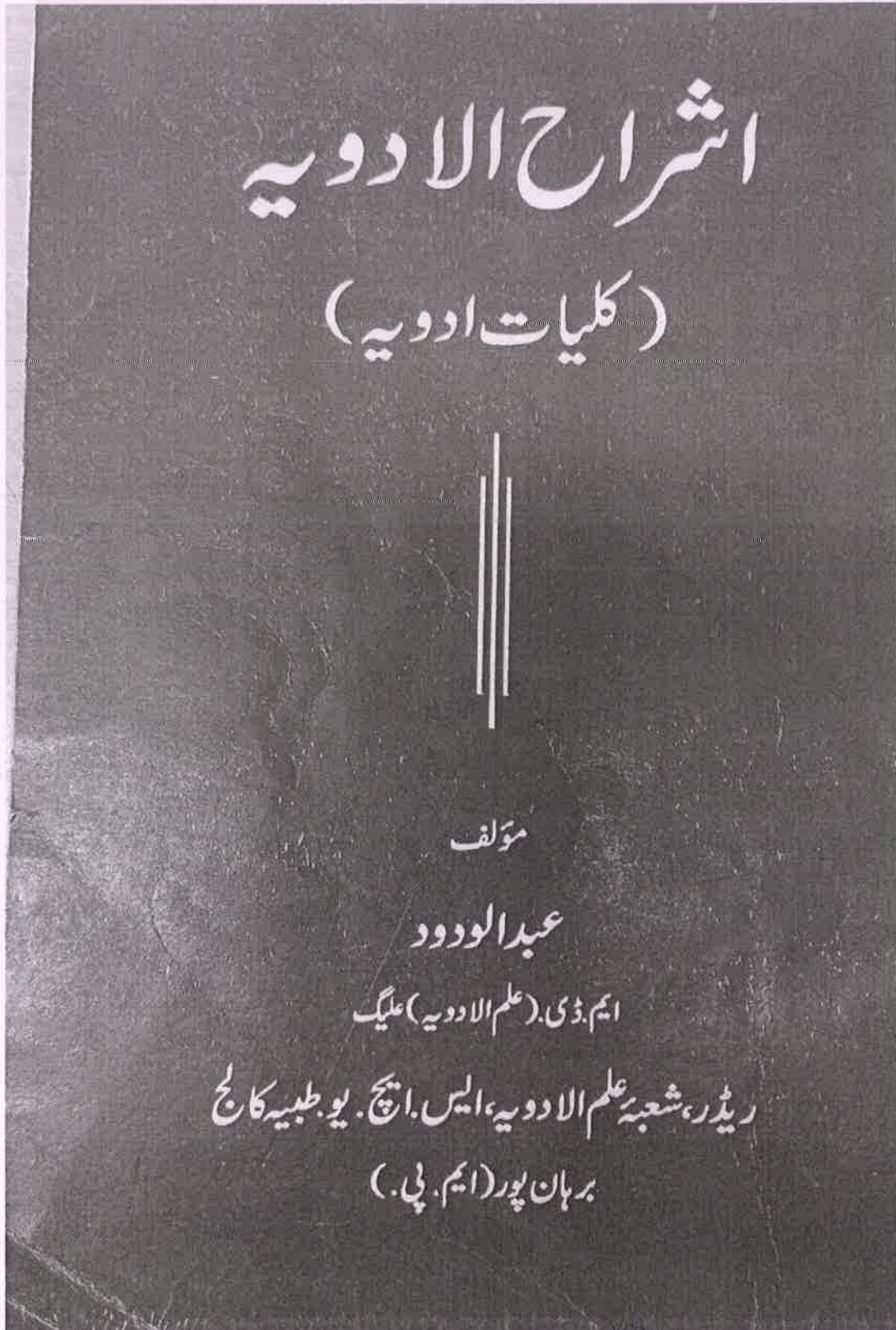
9. DEPARTMENT OF AMRAZE JILD WA TAZEENIYAT

Sl. No.	Title of Book	Publisher and ISBN No.
1. Prof. M. A. Siddiqui		
71.	Tibbi Matab	Faisal Publication: Deoband, 1998; ISBN: 81-86971-12-2
72.	Moalijat Amraz Qalb, Tanaffus wa Assab	Self-Publication, 2000
73.	Unani Medicine Concepts & Practice	Self-Publication, 2015
74.	Lifestyle Disorders – Prevention and Management in Unani Medicine	Self-Publication; 2015, ISBN: 978-93-5258-394-2

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1. Prof. Abdul Wadud, Professor, Department of Ilmu Advia

1. Ishrahul Advia, Self, 2004



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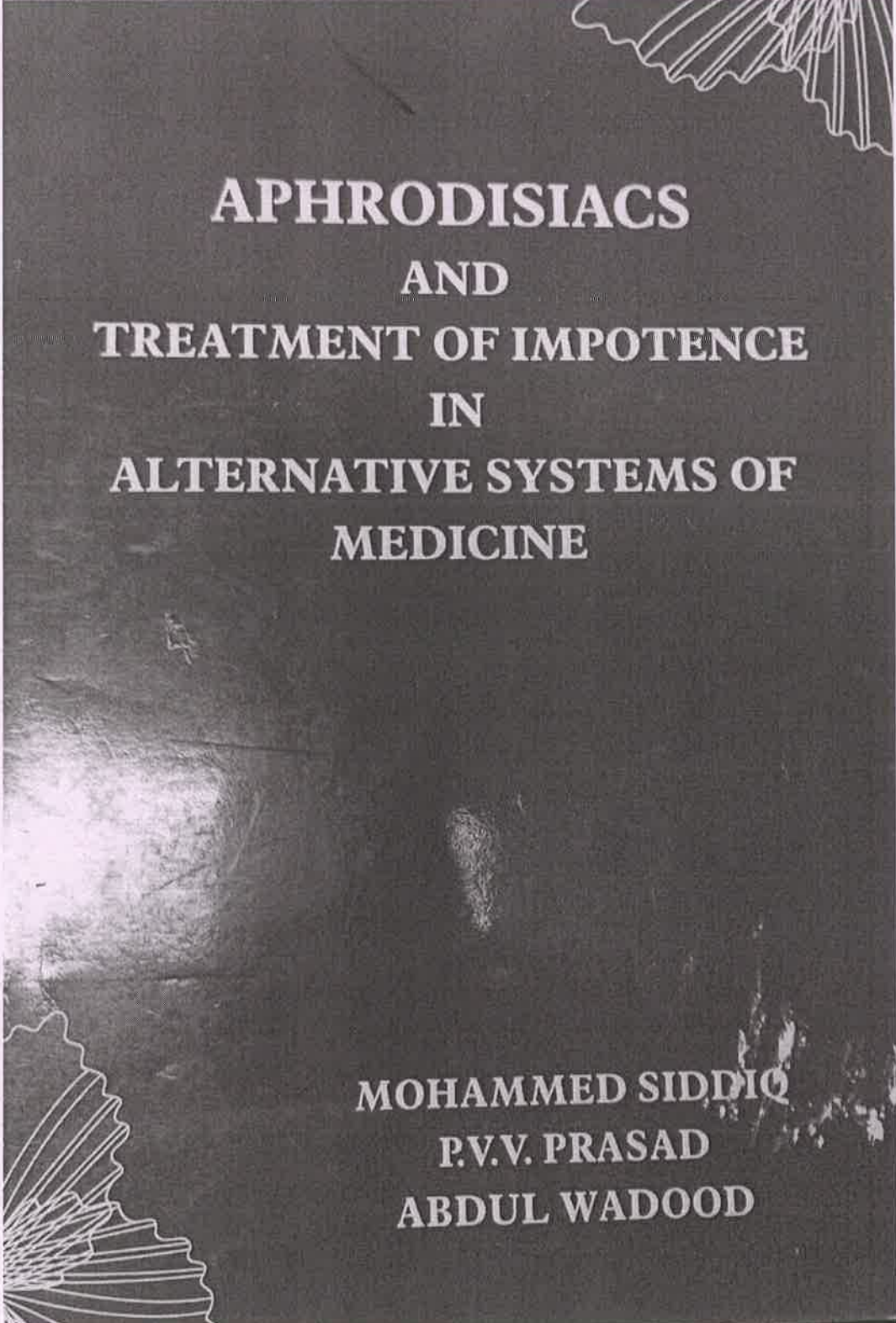
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**APHRODISIACS
AND
TREATMENT OF IMPOTENCE
IN
ALTERNATIVE SYSTEMS OF
MEDICINE**

**MOHAMMED SIDDIQ
P.V.V. PRASAD
ABDUL WADOOD**

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Authors : Mohammed Siddiq
Asst. Director
Green Foundation (NGO)
8-2-703/5, Road No.12, Banjara Hills
Hyderabad - 500 034 A.P

P.V.V. Prasad
Asst. Director (Ayurveda)
Regional Research Institute (Ayurveda)
Near NIT Complex, Nandanvan, Nagpur - 4400009

Abdul Wadood
Reader, Dept. of Pharmacology,
National Institute of Unani Medicine
Kottigepayala, Magadi Road
Bangalore - 91.

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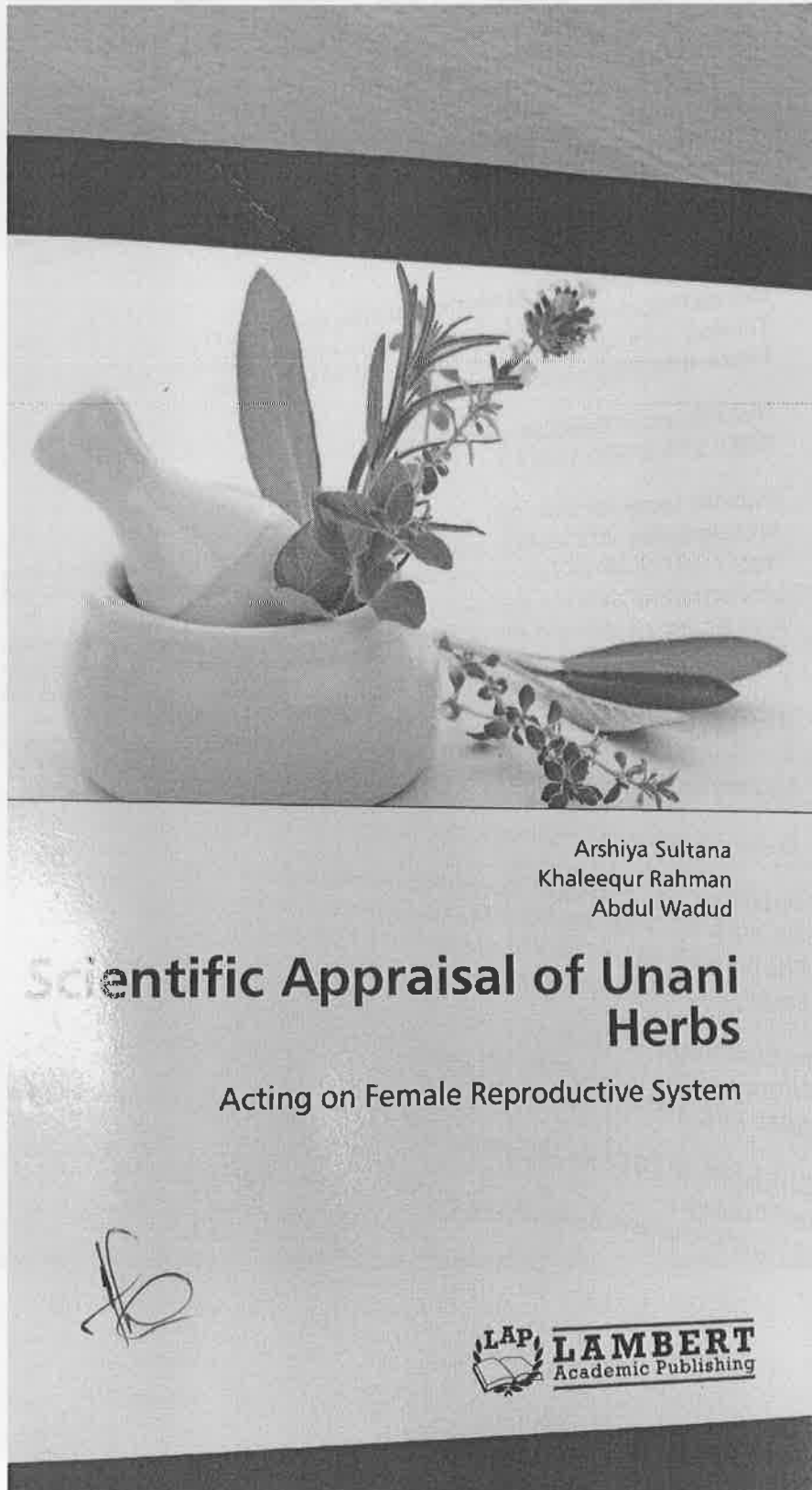
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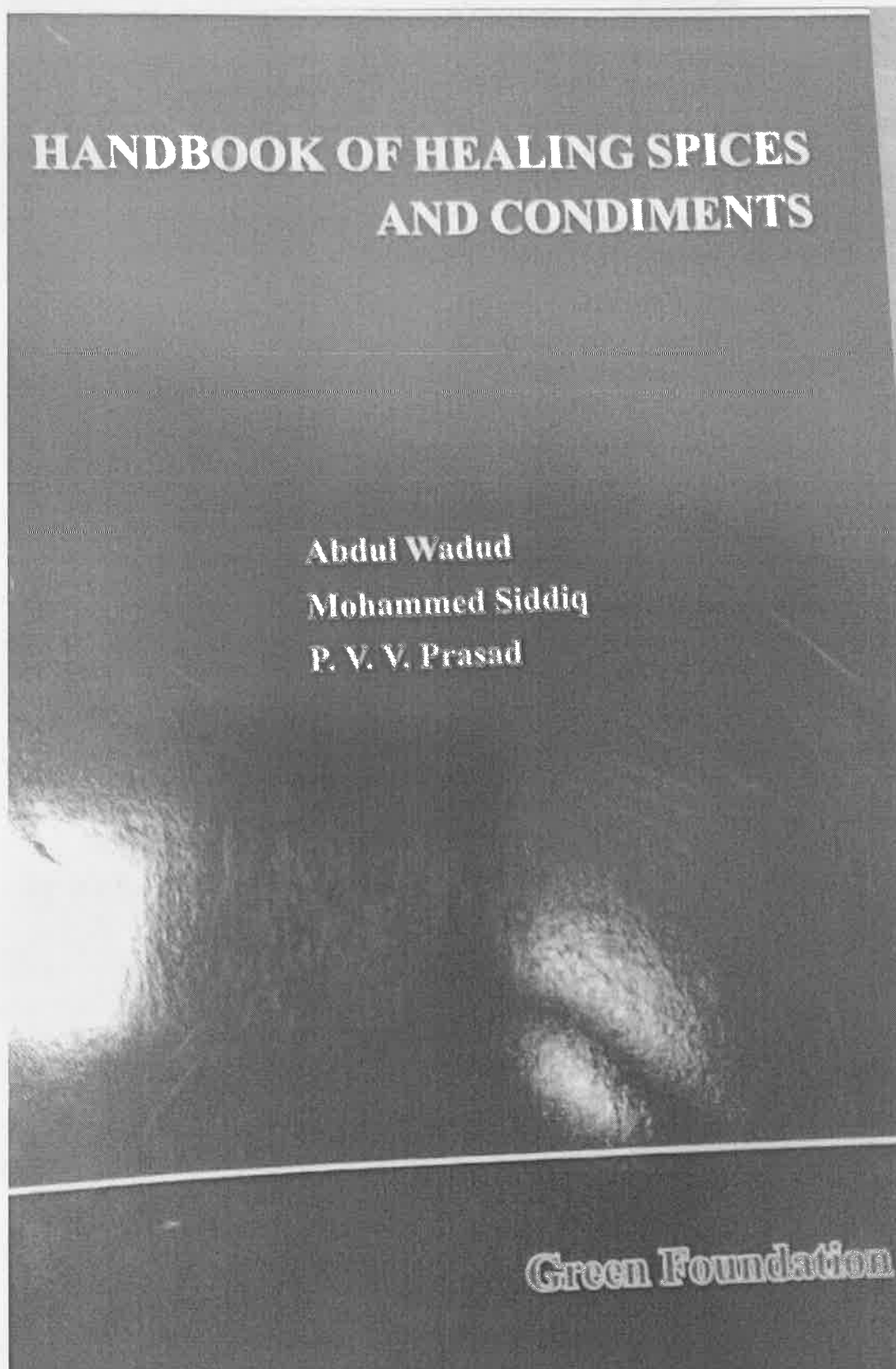
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4. Handbook of Healing Spices and Condiments, Green foundation, Hyderabad, India; 2015



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Authors:**Dr. Abdul Wadud**

Professor, Dept. of Ilmul Advia (Pharmacology)

National Institute of Unani Medicine

Kottigepalya, Magadi Main Road, Bengaluru-560091

Mohammed Siddiq

Asst. Director

Green Foundation (NGO)

8-2-703/5, Road No.12

Banjara Hills, Hyderabad - 500034

Dr. P.V.V. Prasad

Asst. Director (Ayurveda)

National Institute of Indian Medical Heritage (NIIMH)

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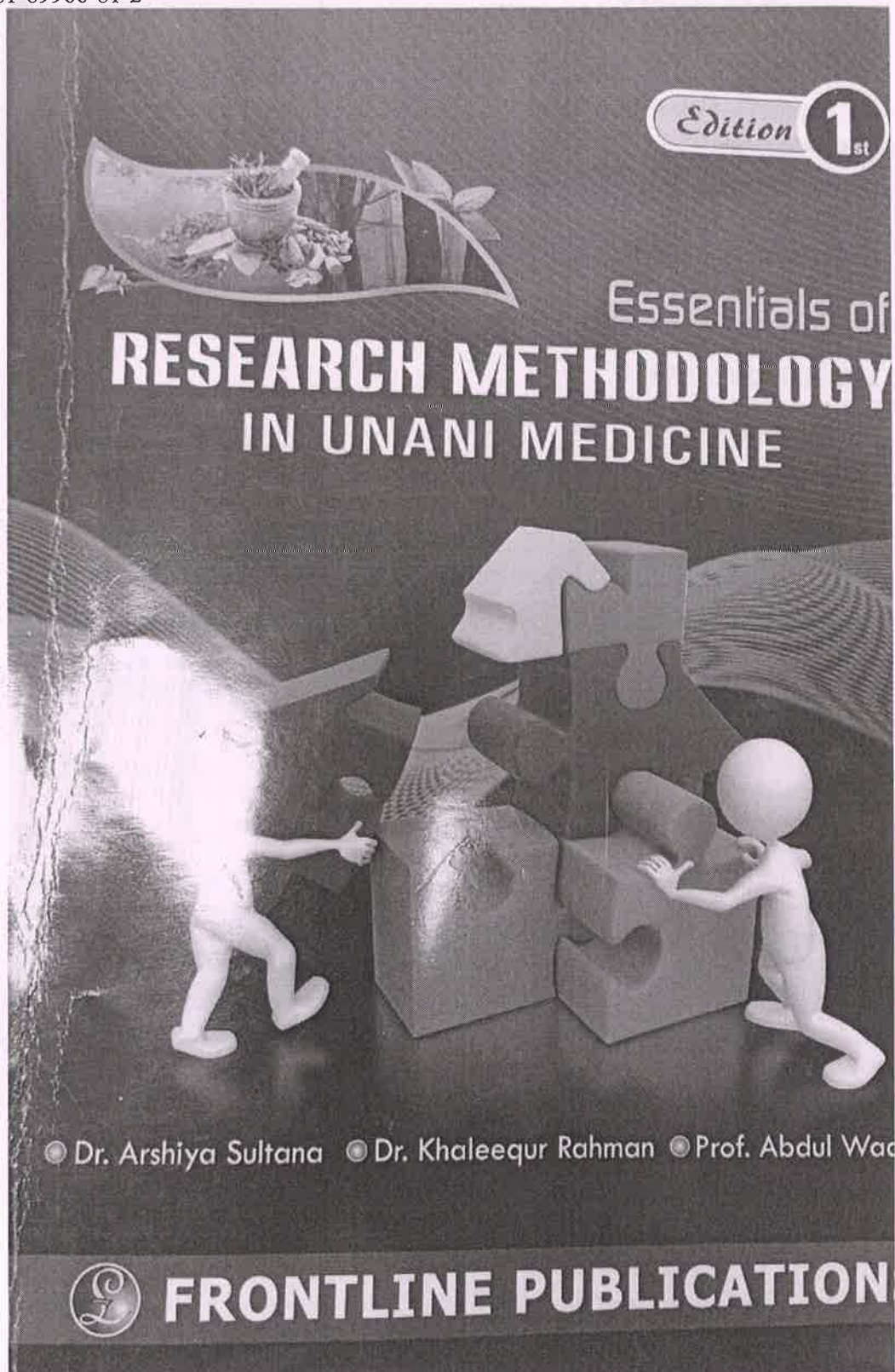
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1. Prof. Abdul Wadud, Professor, Department of Ilmul Advia

5. Essentials of Research Methodology in Unani Medicine, Frontline Publication, India, 2020; ISBN: 9781-89966-81-2



**ESSENTIALS OF RESEARCH
METHODOLOGY IN UNANI MEDICINE**

DR. ARSHIYA SULTANA
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DR. KHALEEQR RAHMAN
Associate Editor and Author

PROF. ABDUL WADUD
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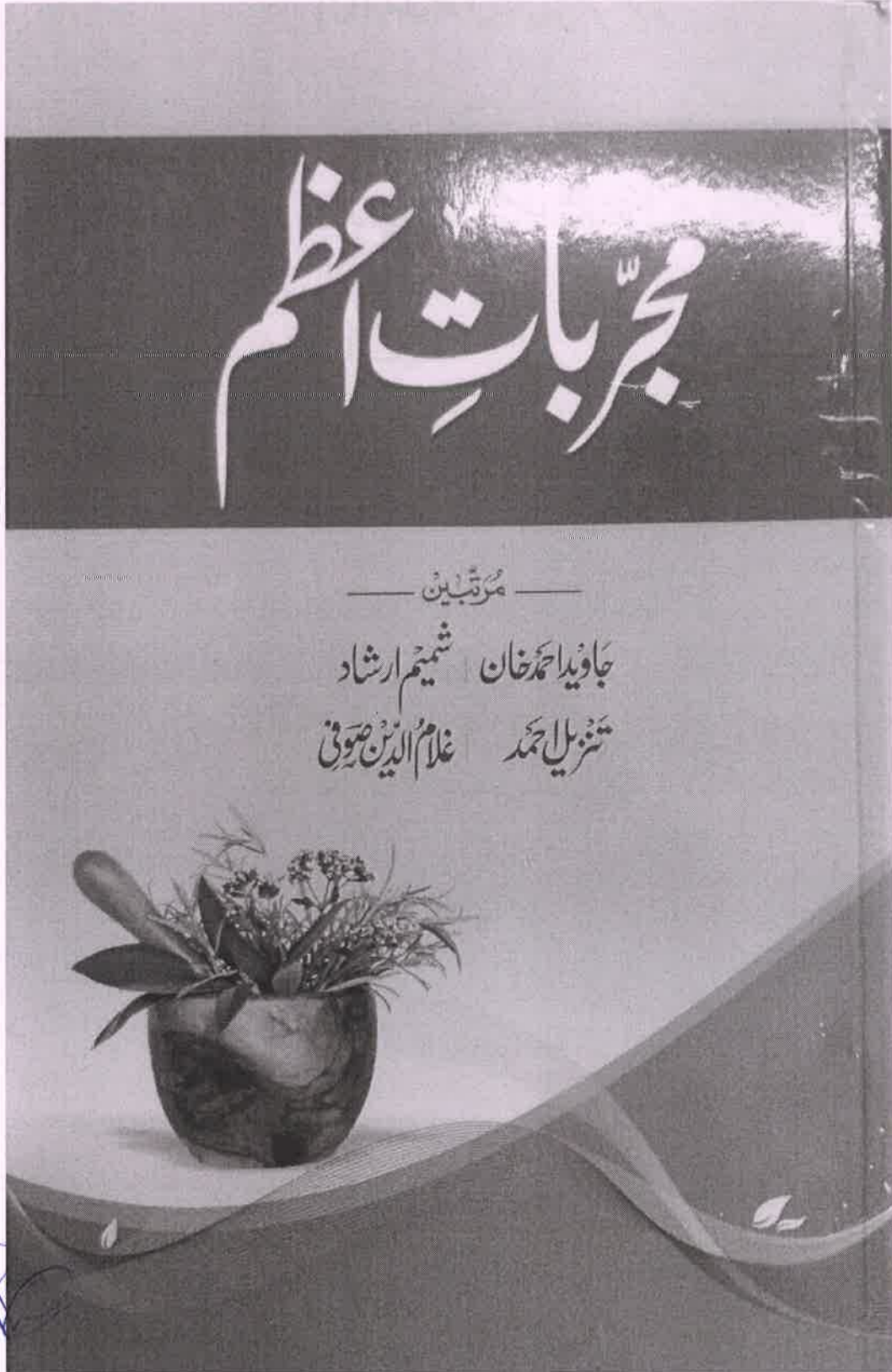
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6. Mujarabate Azam, V Chand Memorial Public Charitable Trust, New Delhi, India; 2009



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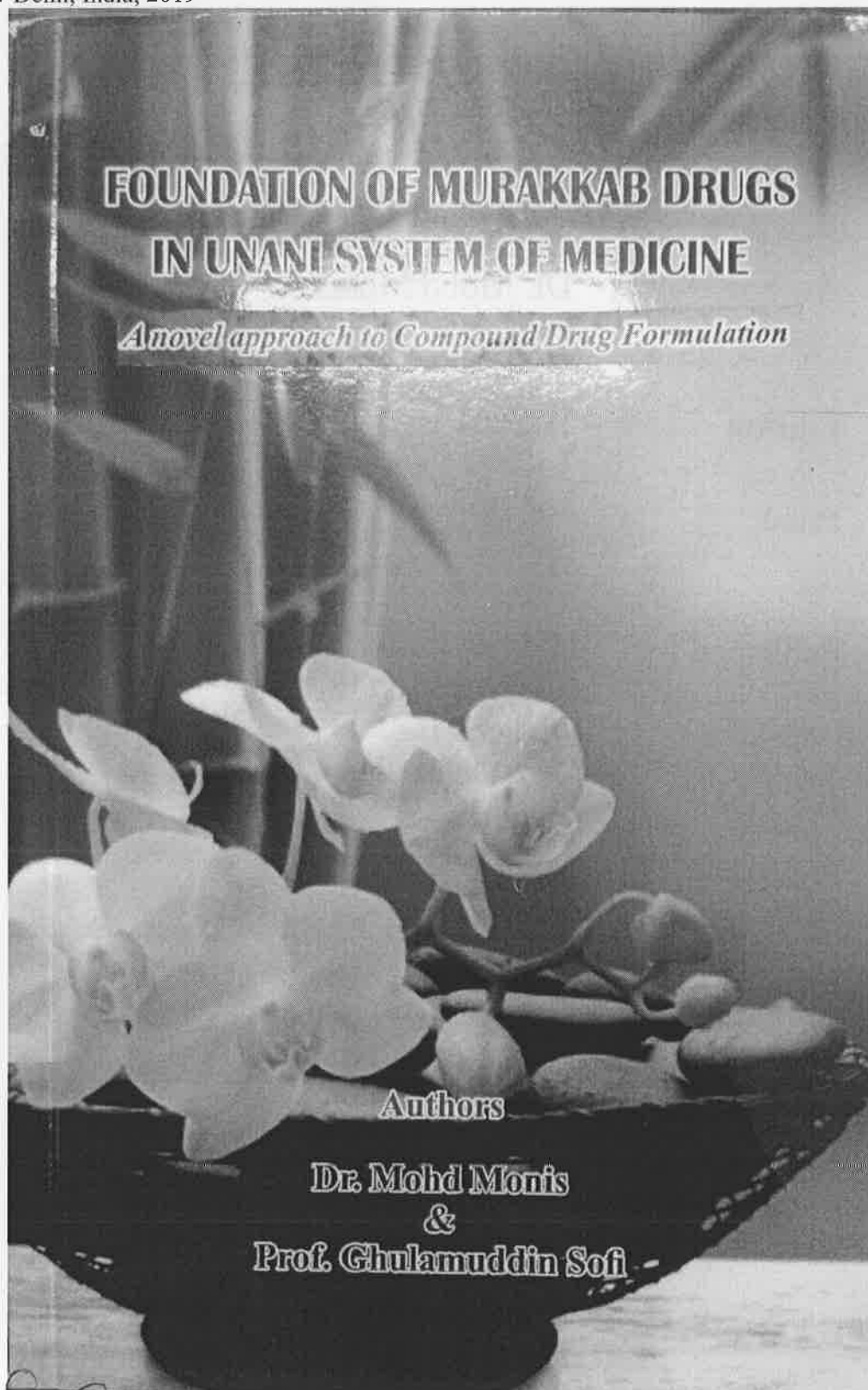
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2. Prof. Ghulamuddin Sofi, Professor, Department of Ilmul Advia

7. Foundation of Murakkab Drugs in Unani System of Medicine, Hidayat Publishers and Distributers, New Delhi, India; 2019



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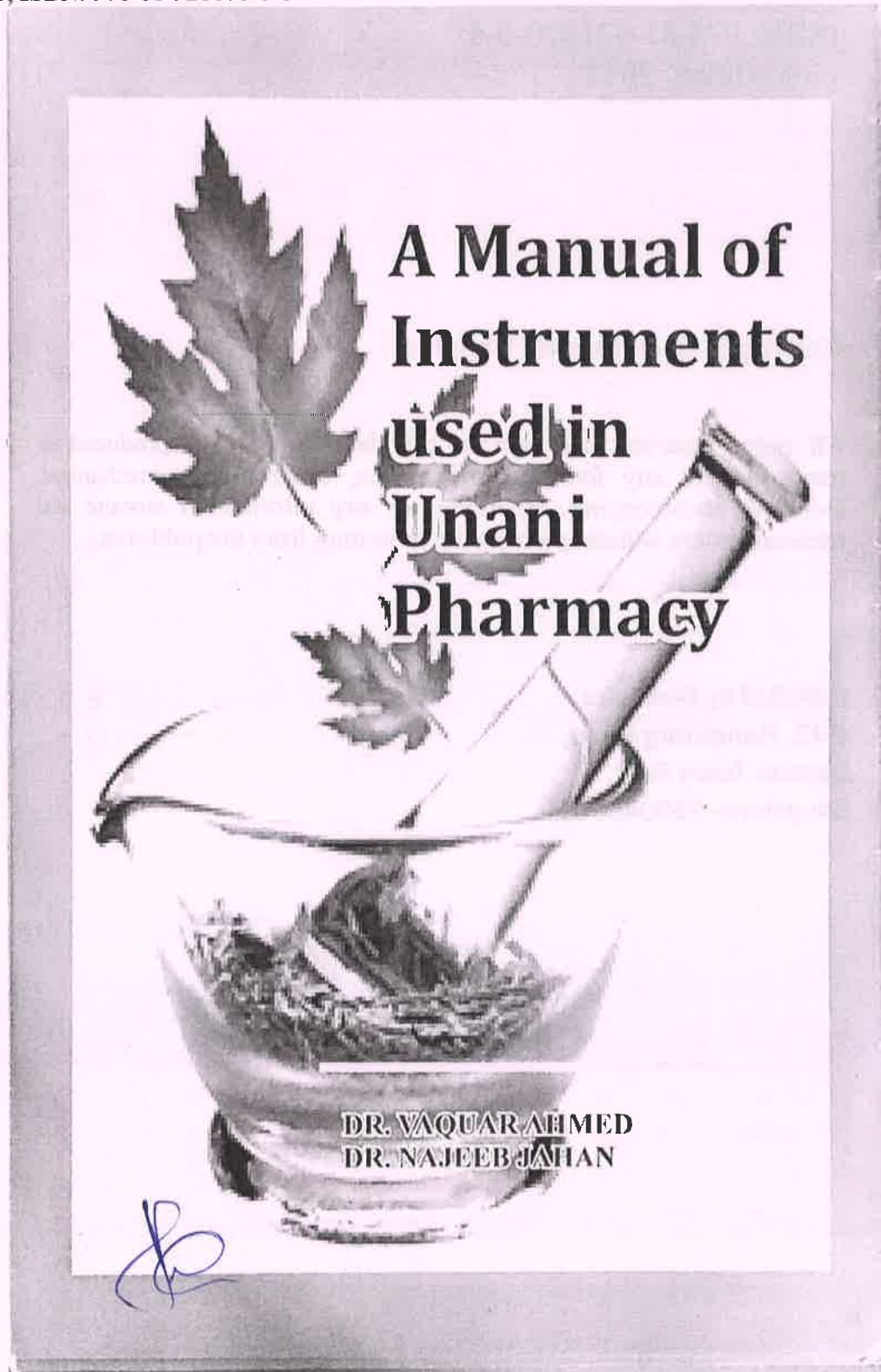
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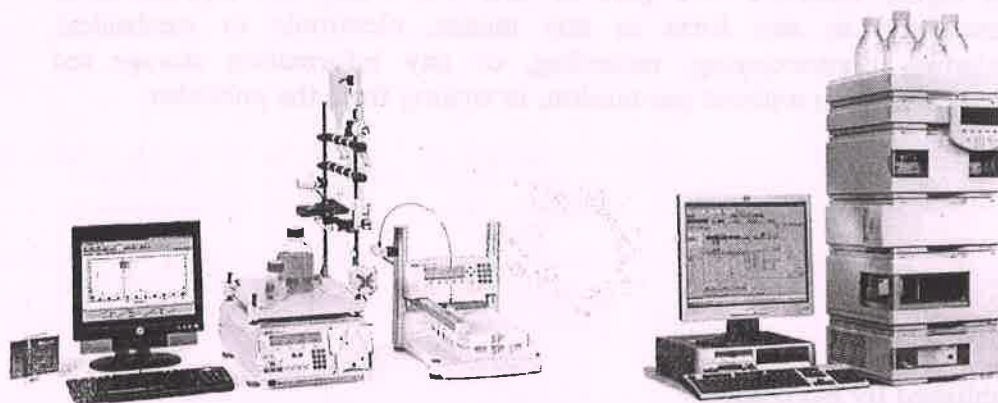
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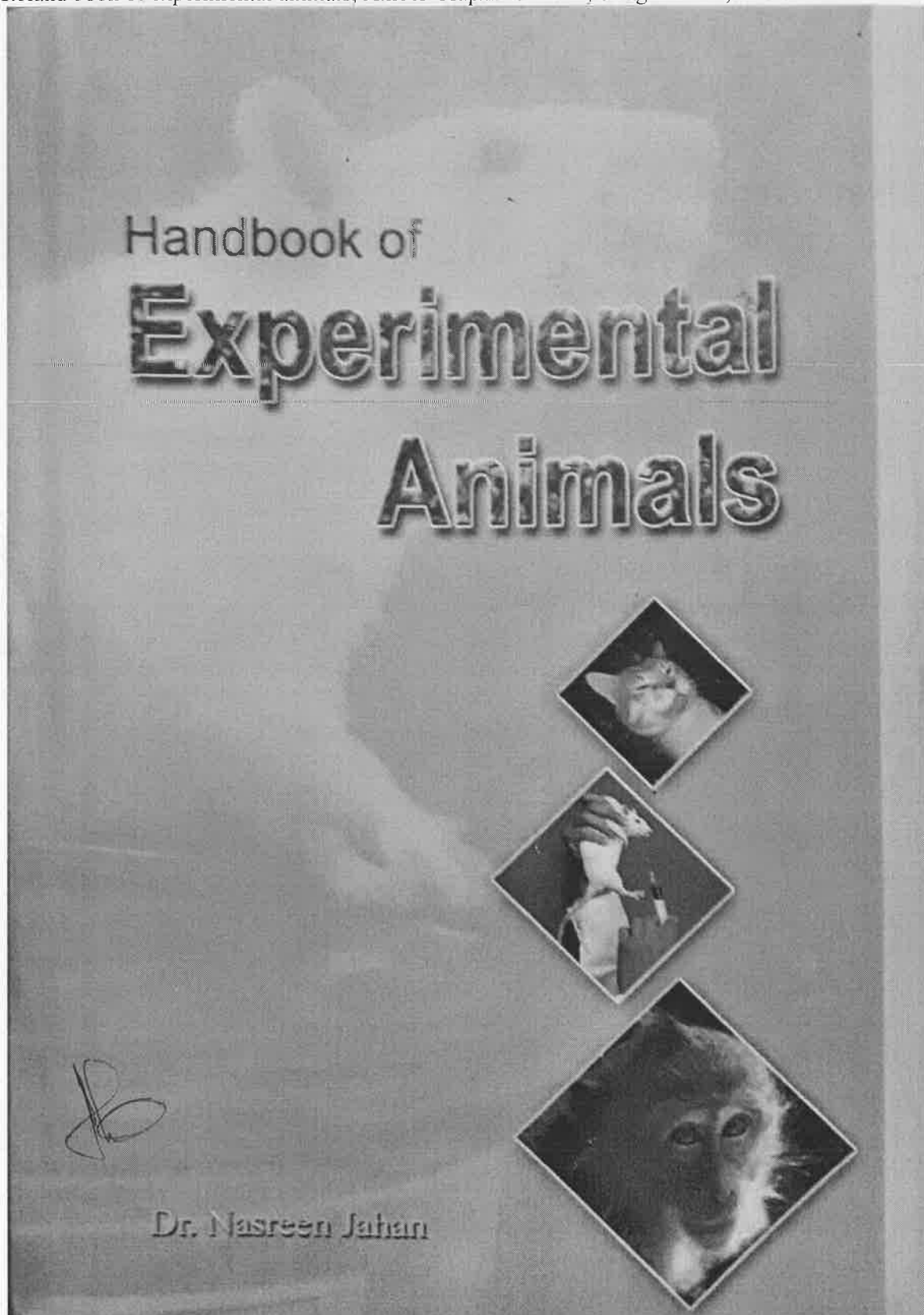
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16

Shaikh Ajj Ahmed Makbul, Nasreen Jahan,
and Mohd Afsahul Kalam

Contents

16.1	Introduction.....	371
16.2	Types of Urinary Stones.....	372
16.3	Aetiological Factors of Urolithiasis.....	374
16.4	Process of Stone Formation.....	377
16.5	Stages of Urolithiasis.....	377
16.5.1	Nucleation.....	377
16.5.2	Crystal Growth.....	378
16.5.3	Crystal Aggregation (Crystal Agglomeration).....	378
16.5.4	Crystal Retention.....	378
16.6	Role of Promoters and Inhibitors in the Pathogenesis of Stone Formation.....	378
16.6.1	Citrate.....	379
16.6.2	Pyrophosphates.....	379
16.6.3	Magnesium.....	380
16.6.4	Osteopontin (Uropontin).....	380
16.6.5	Urinary Prothrombin Fragment 1.....	380
16.6.6	Tamm-Horsfall Protein.....	381
16.6.7	Glycosaminoglycans.....	381
16.6.8	Renal Lithostathine.....	381
16.6.9	Bikunin.....	381
16.6.10	Phytate.....	381
16.6.11	Promoters.....	382
16.7	Treatment of Urolithiasis.....	382
16.7.1	Thiazide Diuretics.....	382
16.7.2	Potassium Citrate.....	382
16.7.3	Allopurinol.....	383

S. A. A. Makbul (✉) · N. Jahan
Department of IlmuAdvia, National Institute of Unani Medicine (NIUM),
Bengaluru, Karnataka, India
e-mail: azizniium@gmail.com

M. A. Kalam
Department of Ilmu Advia, Regional Research Institute of Unani Medicine, Central Council
for Research in Unani Medicine, Srinagar, Jammu and Kashmir, India

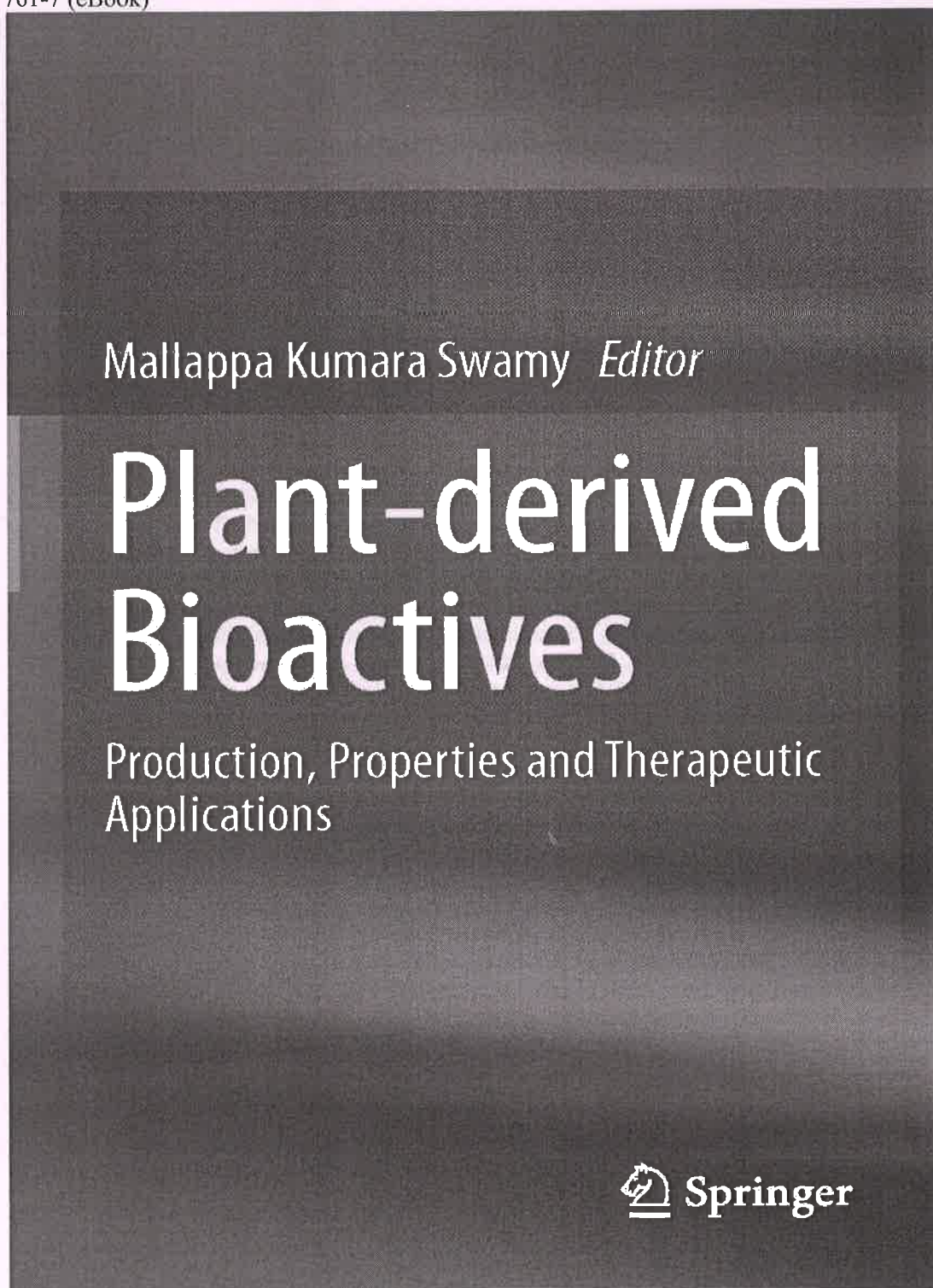
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Phytochemical and Pharmacological Appraisal of Barks from Unani Medicinal Plants

Nasreen Jahan and Shaikh Ajj Ahmed Makbul

1 Introduction

The Unani medicine an alias of Greco-Arab medicine can be traced back to ancient Greece. It is one of the oldest systems of traditional medicines serving mankind by alleviating ailments through the drugs derived from plants, minerals and animals (Kalam and Ahmad 2016) in different dosage forms. Individual drugs and their products have been documented in the traditional as well as scientific literature for their therapeutic potential. Drugs of plant origin (Advia Nabatiya) are a prime source of treatment, which includes root, stem, bark, leaf, flower, seed, fruit, gum, resin and their extracts. The plant bark is the outermost layer of the stem and root of a tree. It transports nutrients from leaves to the rest of the tree, and also protects the tree from dehydration. It is a sort of blanket, enveloping the exposed surfaces of trunks, branches and roots. It protects the plants from insects and pathogens. The bark has different characteristics and functions depending on the species of a tree (Ghosh 2013). The thickness of the bark varies in different species, age of the plant and the ecological factors (Fekete 1951). Further, the structure of barks and their contents vary between 5 and 28% among species (Guidi et al. 2008). Barks perform various functions throughout the life span of a tree. As the tree ages, the characteristics of bark also change. In ancient times, barks were used for many purposes, for instance the soaked elm bark was eaten by calves and its fibres were used for spinning of ropes and making cloths, while in Scandinavia, the barks of different pine species were used for nourishment during the winter season (Östlund et al. 2009).

Most of the constituents present in the bark, mainly tannins and phenolic compounds are naturally antifungal substances (Ghosh 2013; Khatoon et al. 2016). Many other compounds, such as salicylic acid, jasmonic acid, terpenoids, oligogalacturonides and ethylene directly combat phytopathogens during infection. Some

N. Jahan (✉) · S. A. A. Makbul
Department of Ilmul Advia (Pharmacology), National Institute of Unani Medicine,
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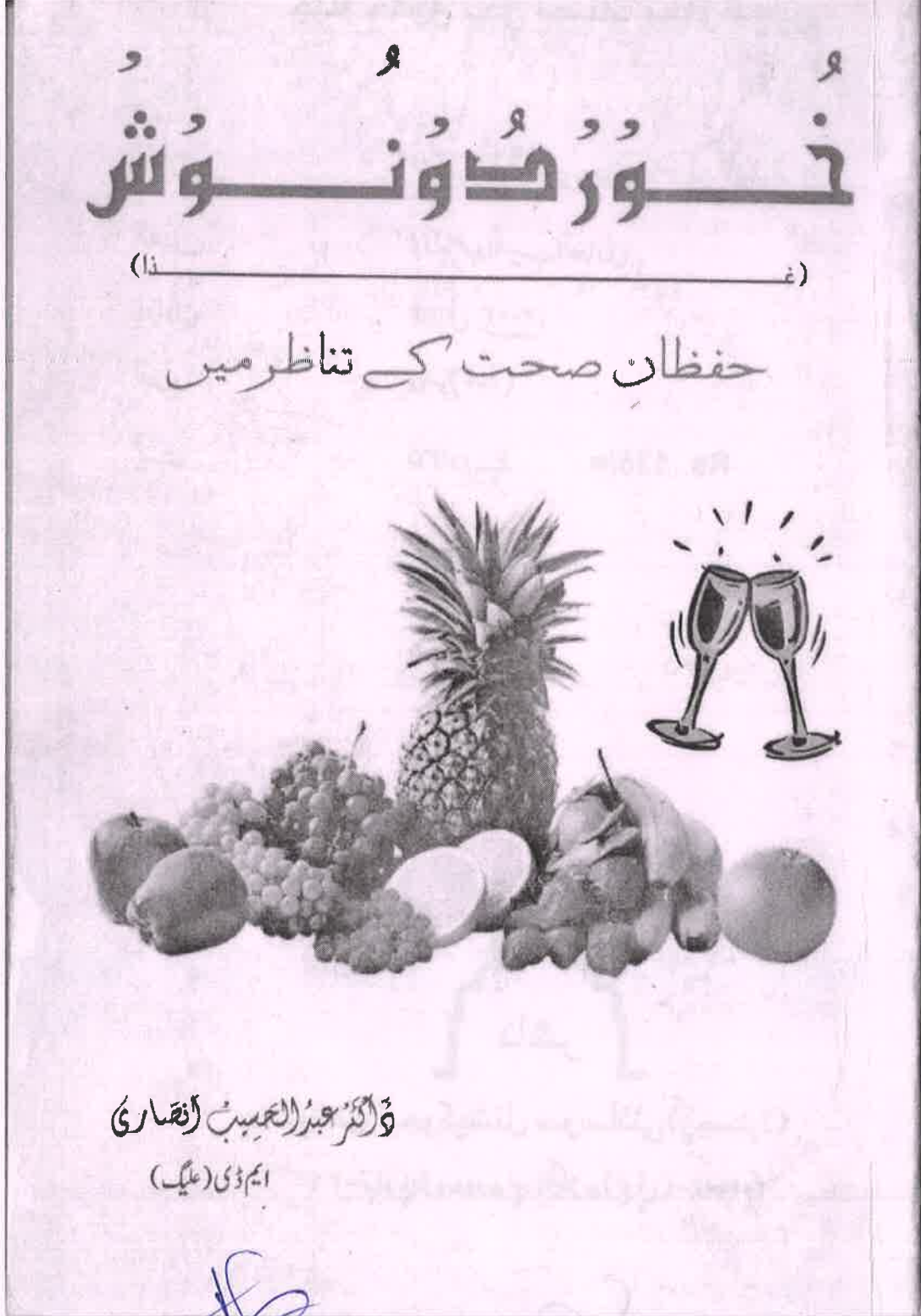
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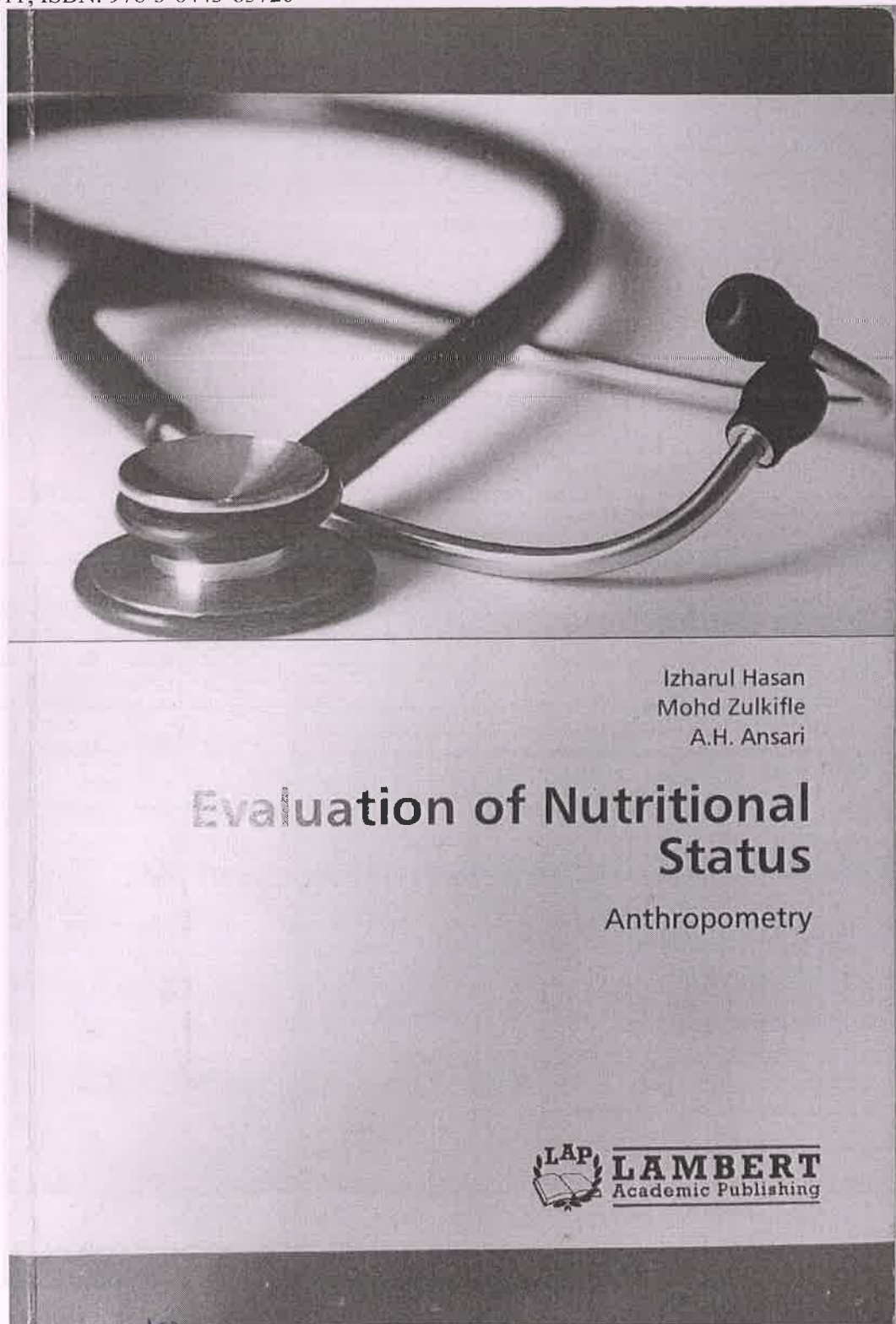
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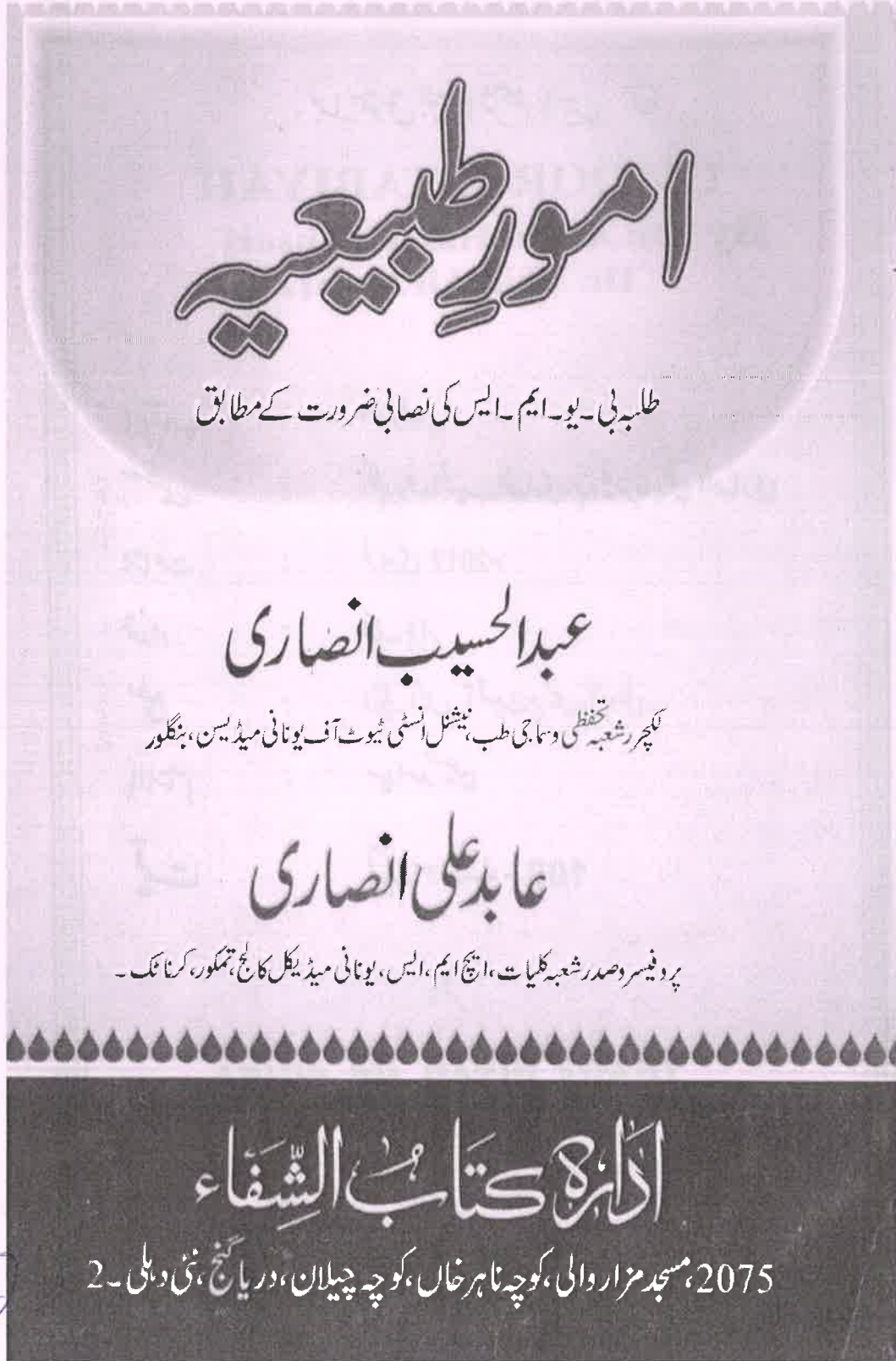
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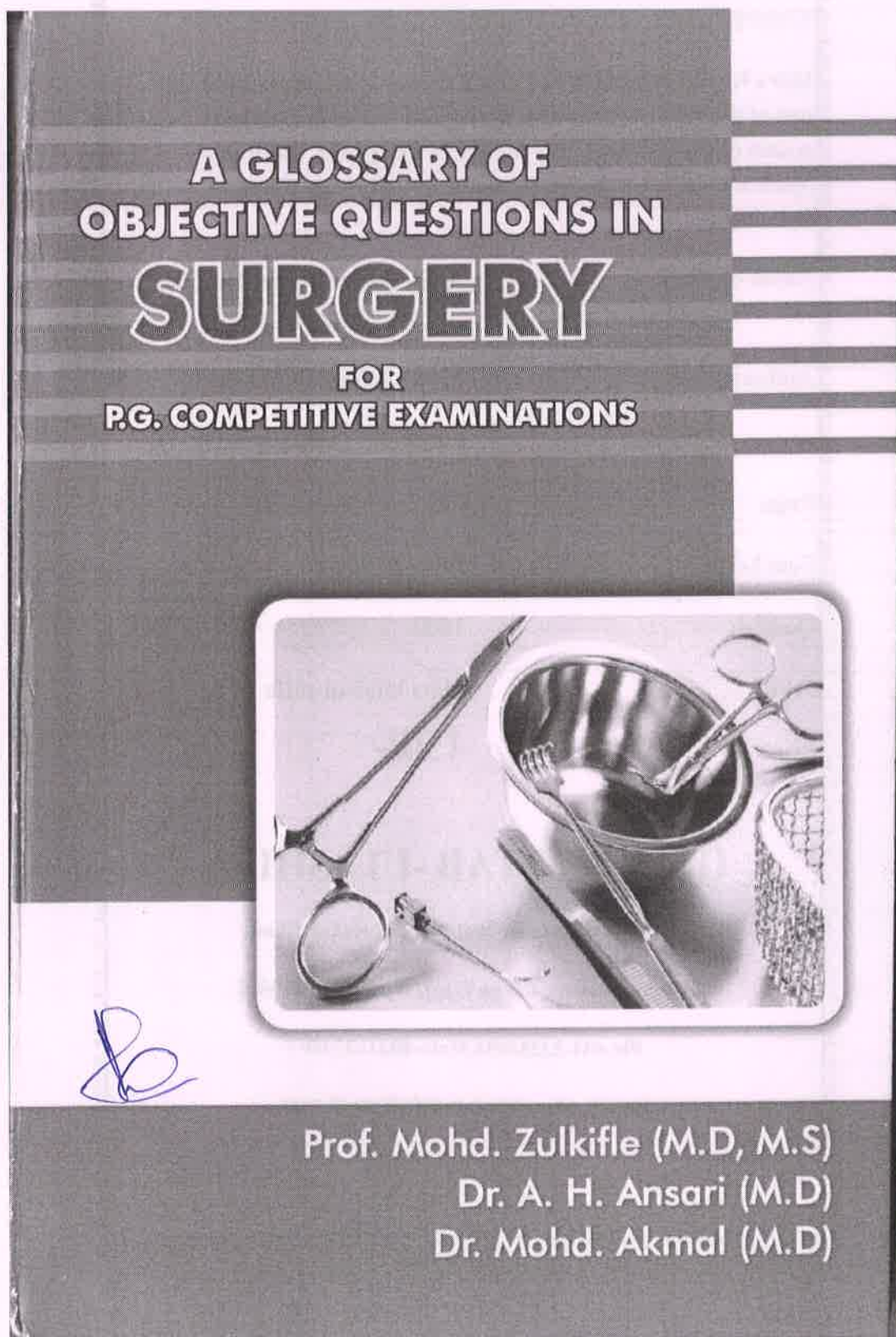
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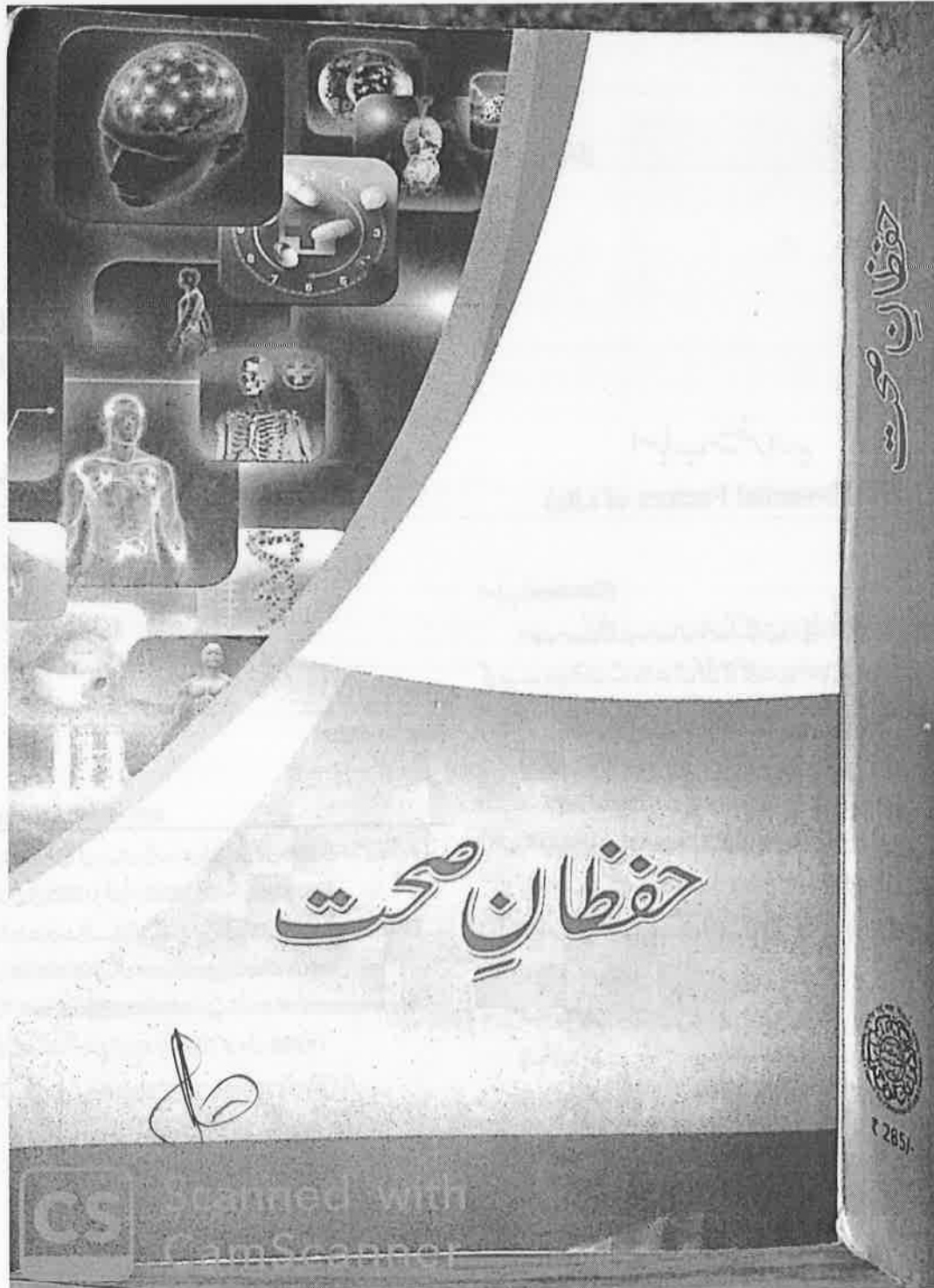
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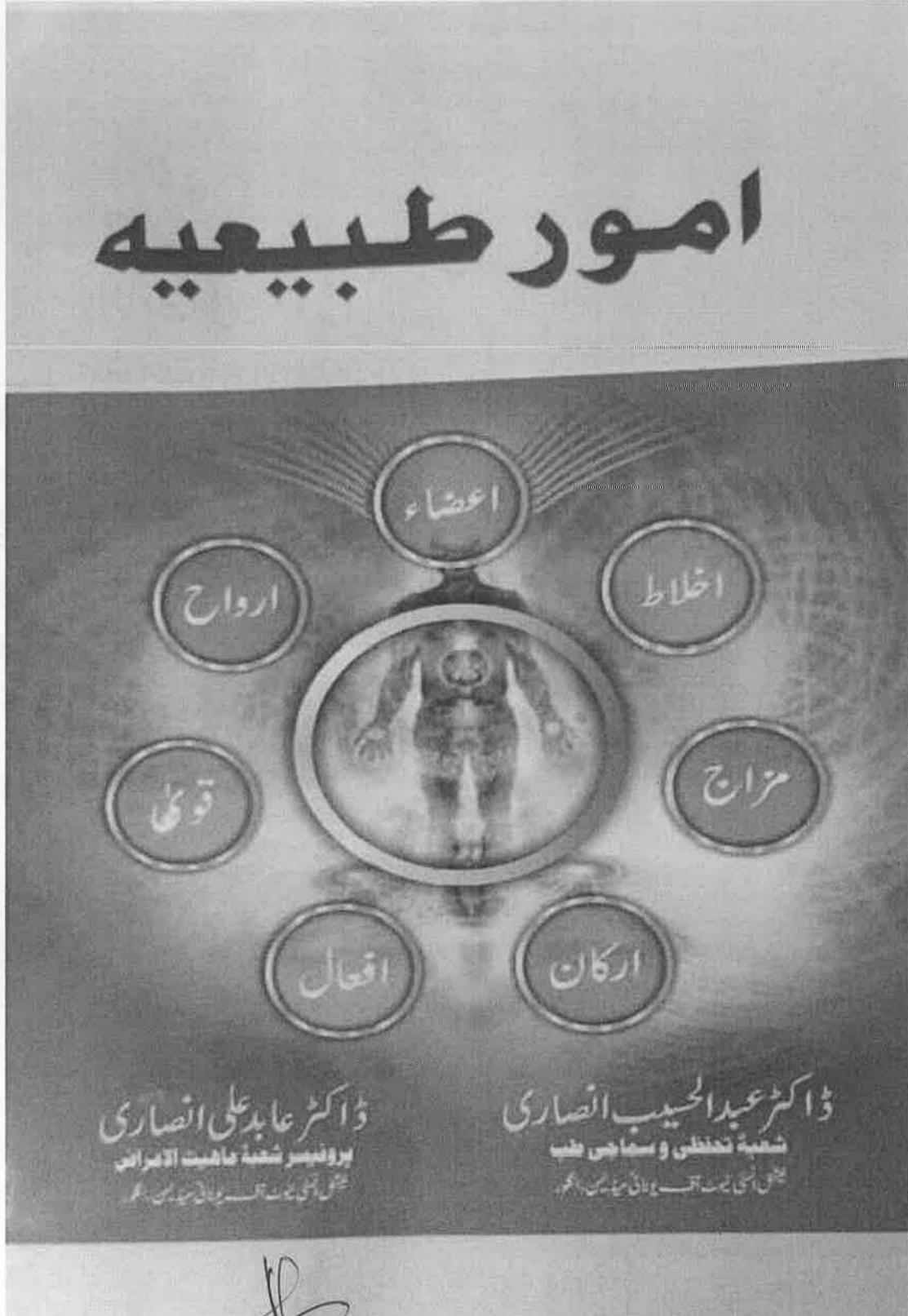
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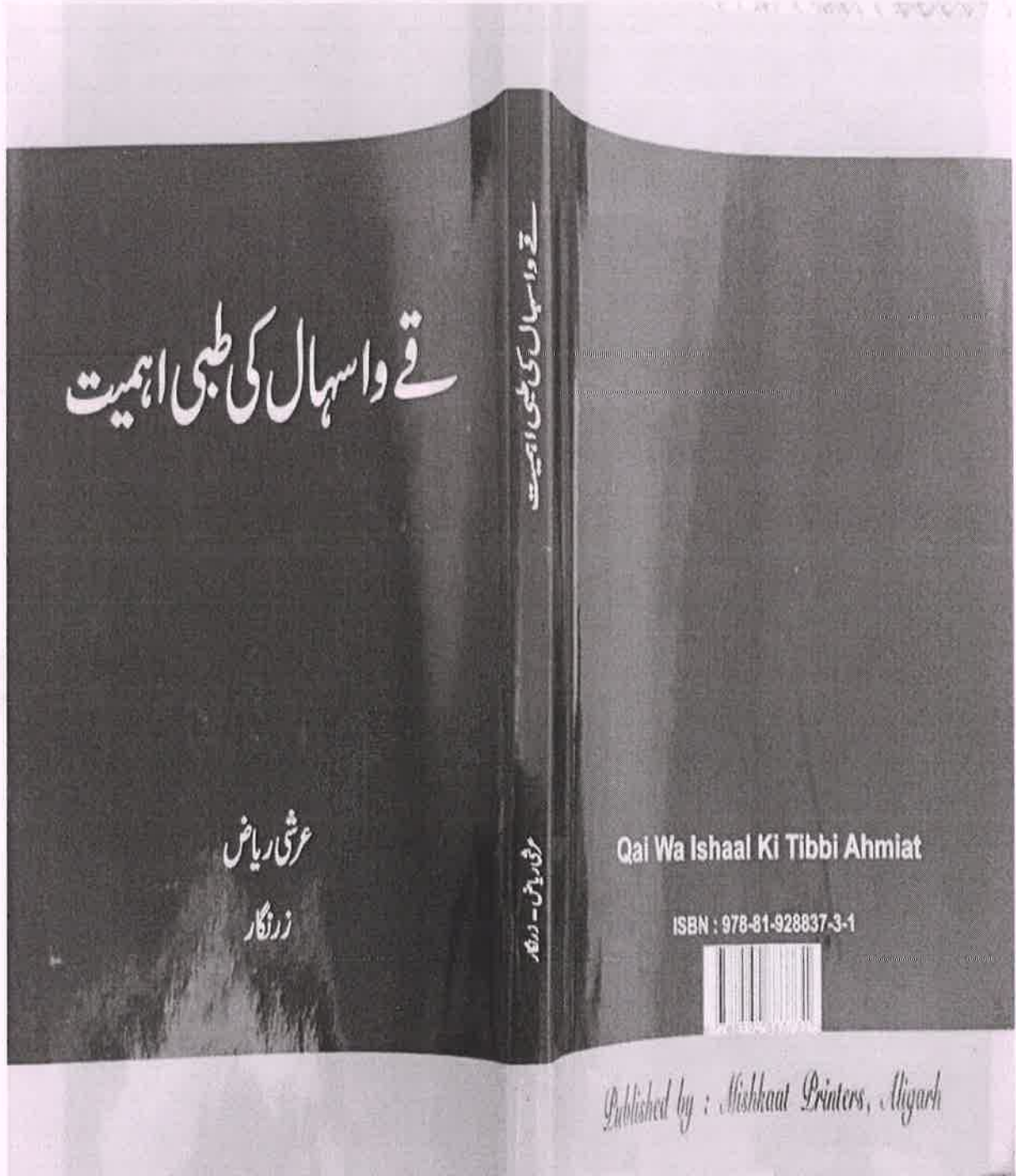
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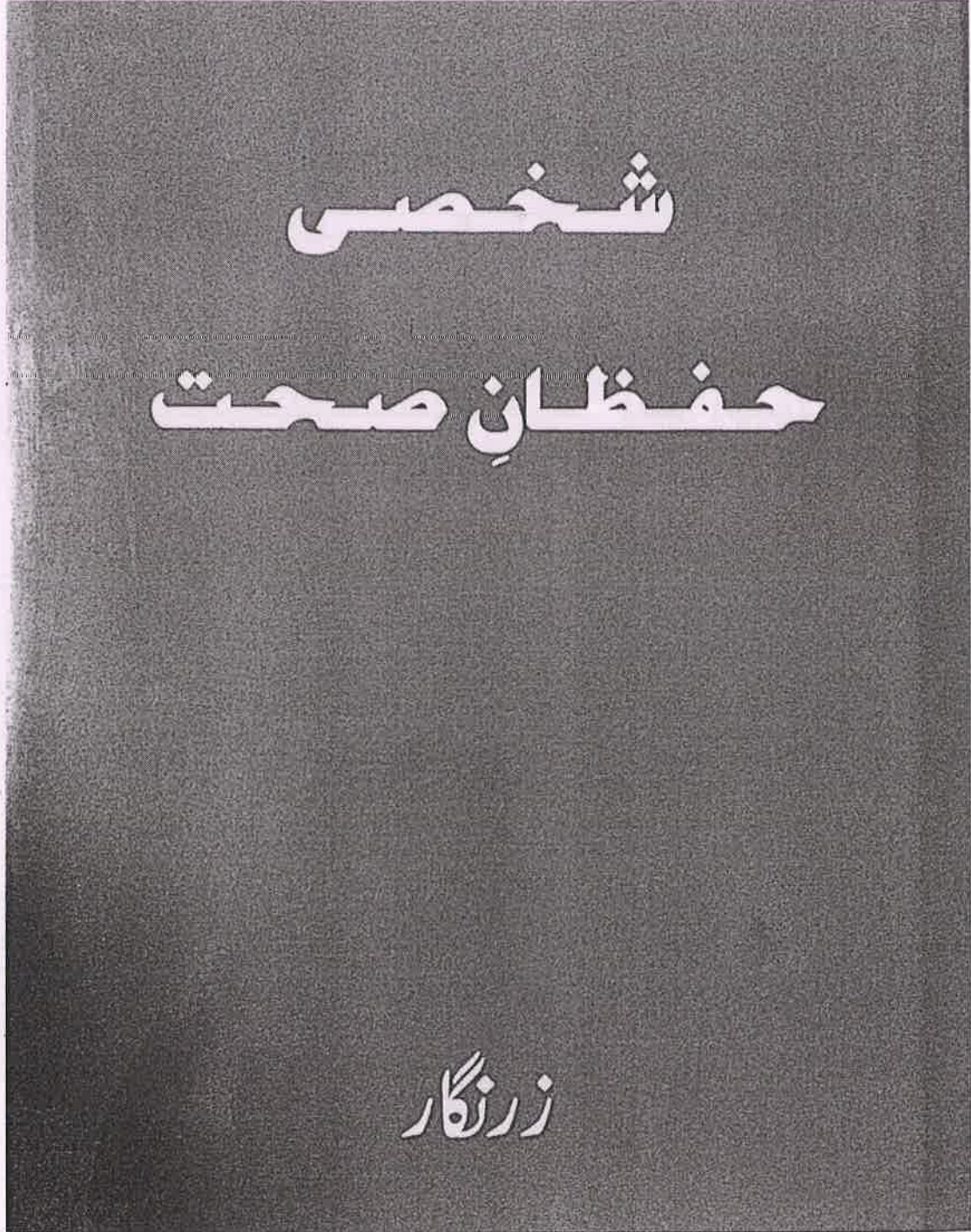
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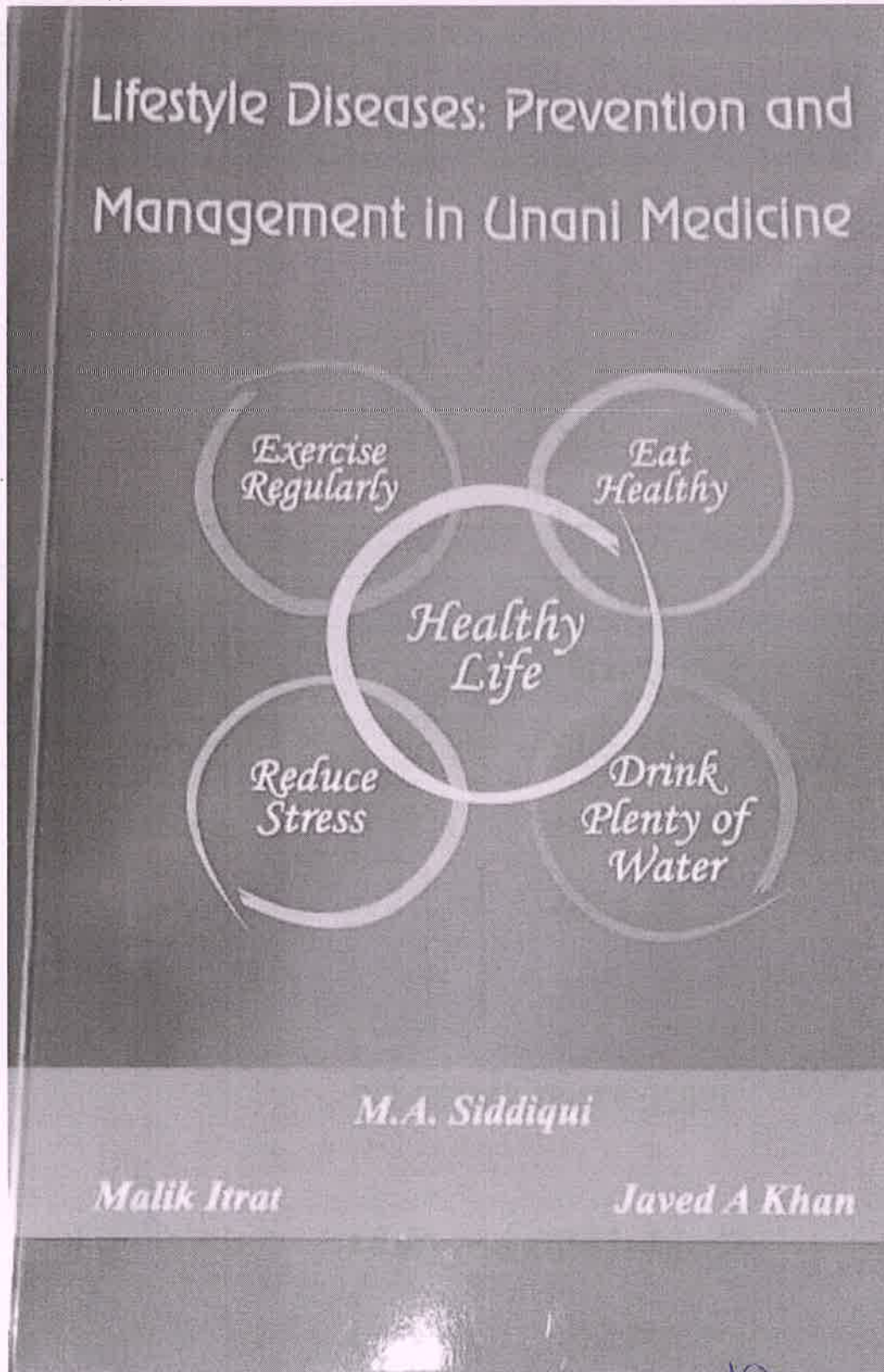
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 Contents

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Introduction

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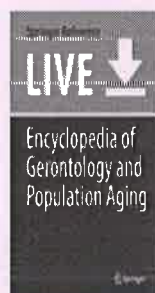
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Introduction



This encyclopedia brings together established and emerging research findings in all relevant disciplines of gerontology and population aging. It provides comprehensive coverage of the entire breadth of the field, gives readers access to all major sub-fields and illustrates their interconnectedness with other disciplines. The more than 1,100 entries delve deep into key areas of gerontology and population aging—such as successful aging, disablement, ageism, longevity, biodemography, long-term care, and much more. Paying careful attention to national and international research, it cites English and non-English empirical literature from around the globe. In doing so, the encyclopedia is of interest to a wide audience that includes researchers, teachers and students, policy makers, nongovernmental agencies, public health practitioners, business marketing planners, futurists and strategists, and many other individuals and organizations. The encyclopedia brings together nearly 1,400 cross-disciplinary contributors, including academic researchers, biologists,

Editors and affiliations

Danan Gu 

Matthew E. Dupre 

1. Population Division, UN Dept of Economic Social Affairs Population Division, New York, USA
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Unani Medicine and Healthy Living



Malik Itrat¹, Tariq Nadeem Khan² and
Mohd Zulkifle²

¹Department of Tahaffuzi wa Samaji Tib,
National Institute of Unani Medicine,
Bengaluru, Karnataka, India

²Department of Kulliyate Tib, National Institute
of Unani Medicine, Bengaluru, Karnataka, India

healthcare delivery system of India (Government
of India 2013).

Unani medicine and healthy living studies on
how to incorporate diet, drugs, lifestyle, and reg-
imens recommended by Unani scholars in indi-
viduals' lives so as to promote good health and
well-being and to encourage healthy transforma-
tion of the body and mind through harmonious
choices and actions.

Synonyms

Health promotion of older people through Unani
medicine; Unani medicine and longevity

Definition

Unani medicine as its name suggests has its origin
in Greece. The core philosophy of Unani medi-
cine was conceptualized by Hippocrates (460–370
BC). After him Roman, Arab, and Persian
scholars enriched the system considerably, of
whom Galen (131–210 AD) stabilized the founda-
tions on which Arab physicians like Razi
(850–925 AD) and Ibne Sina (980–1037 AD)
constructed an imposing edifice. It was introduced
in India by the Mughals, and soon it took firm
roots on Indian soil. Over the centuries, this sys-
tem has assimilated so well in the Indian civiliza-
tion that today it has become an integral part of the

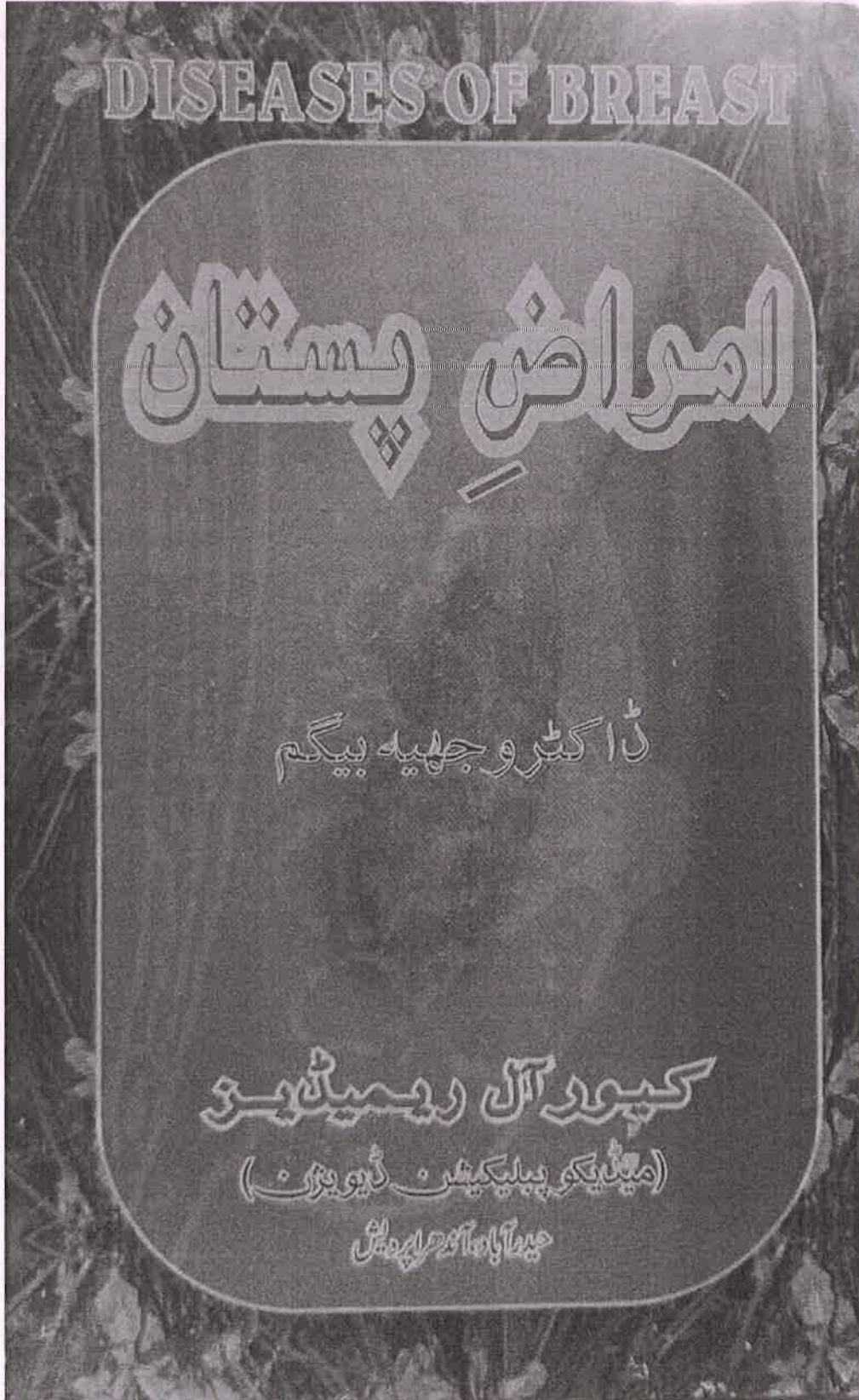
Overview

The last stage of life, old age has been a subject
about which practically every mortal has thought,
sometimes with dread, sometimes with accep-
tance, but always with the need somehow to
come to terms with a challenging condition. But
aging is an integral and natural part of life. As a
natural and universal process, aging is accompa-
nied with many biological changes. These
changes encompass progressive decrease in phys-
iological functions and increase in disabilities
(Ernami et al. 2013). Aging is defined as a process
of gradual, progressive, and generalized impair-
ment of functions resulting in the loss of adap-
tive response to stress and in increasing the risk of age-
related diseases (Suhani and Moxham 2004).
Accordingly special care is required for this
period of age. However, it should be noted
that the curative approach alone can hardly help
the old-aged people; hence additionally other
aspects of geriatric care are needed to be

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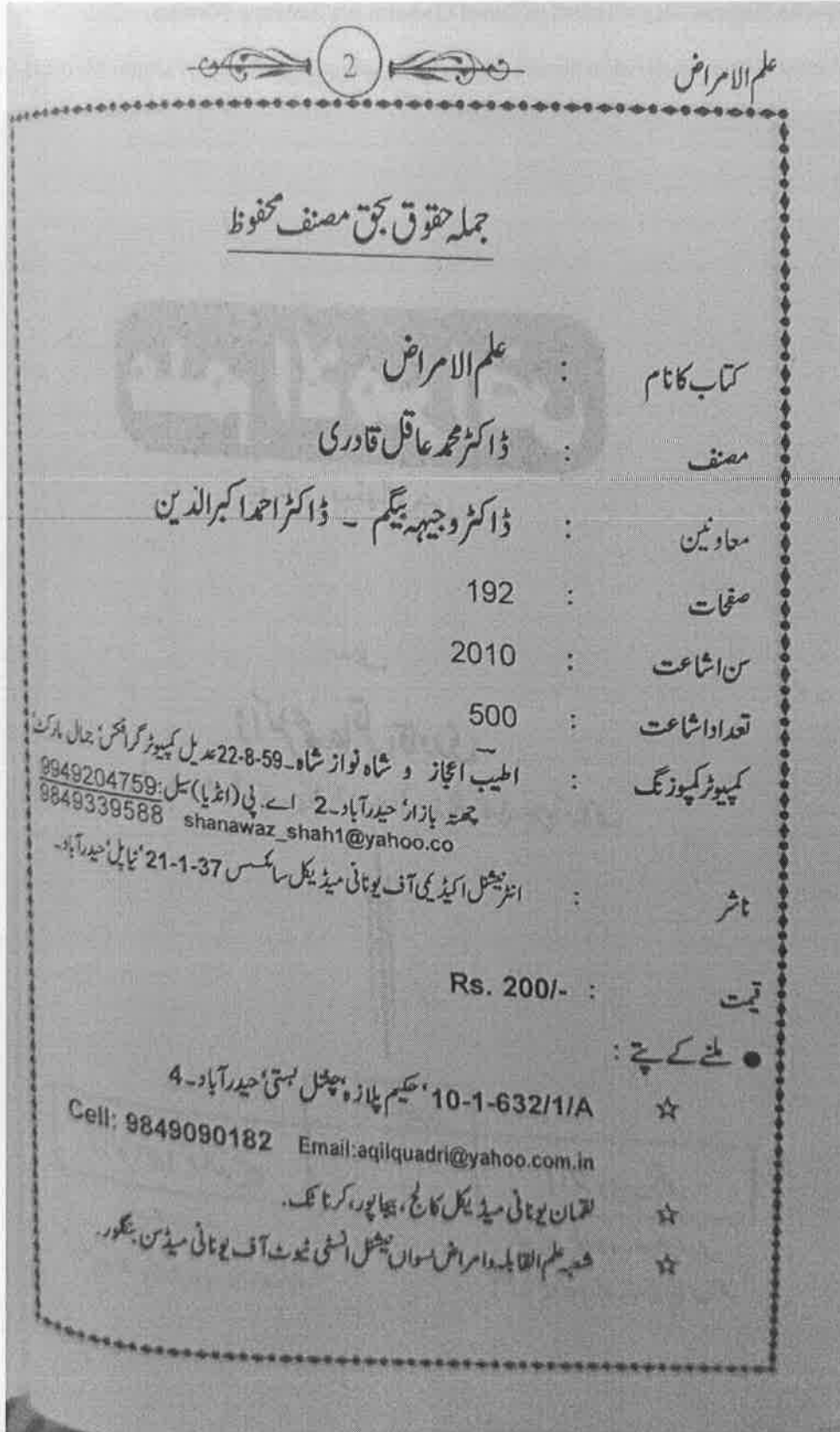
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Dr. Wajeeha Begum

BUMS., M.D(Niswan wa Atfal)
Lecturer Dept of Ilmul Qabalat wa Amraze Niswan
National Institute of Unani Medicine, Bangalore-91

Dr. Mohd .Aqil Quadri

BUMS.(Osm.) M.D(Moalijat) M.D(Niswan wa Qabalat)
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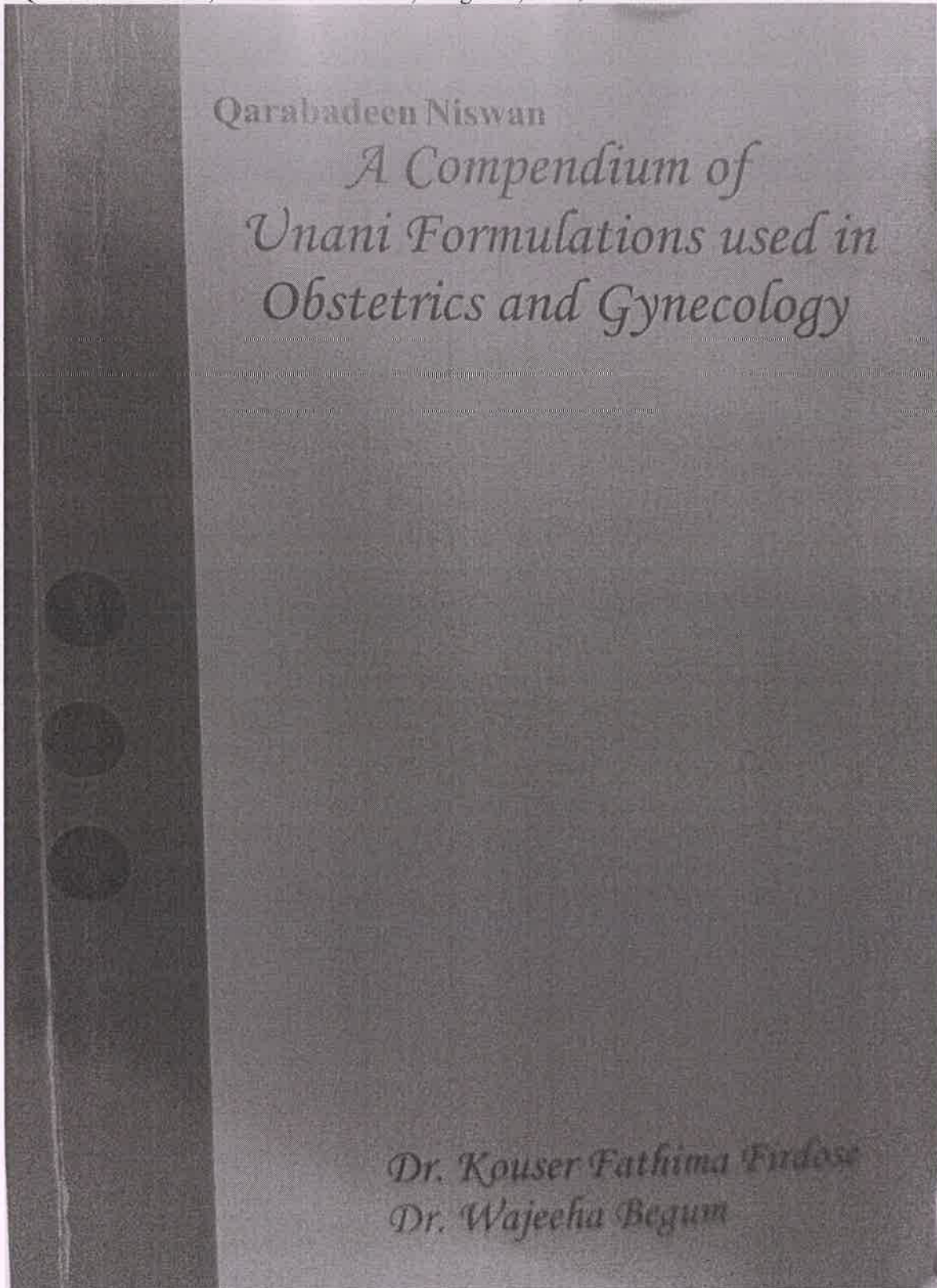
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Dr. Kouser Fathima Firdose

No. 147, 4th Cross, Vijaya Bank Colony

KR Puram, Bangalore - 560 036

Kouser2fathima@gmail.com

Dr. Wajeeda Begum, Lecturer

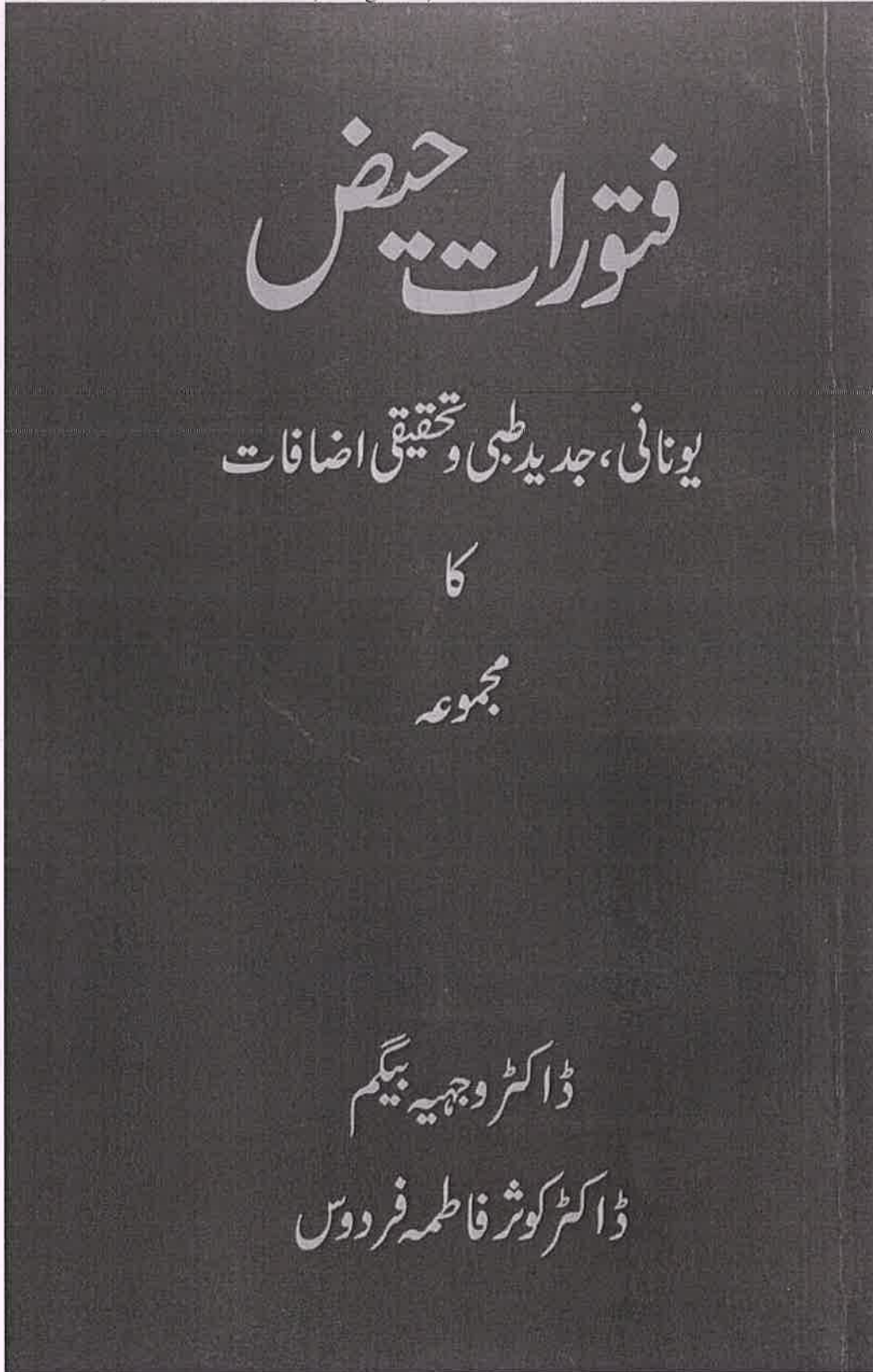
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drwajeedanium@gmail.com

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Dr. Wajeeha Begum

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National Institute on Unani Medicine

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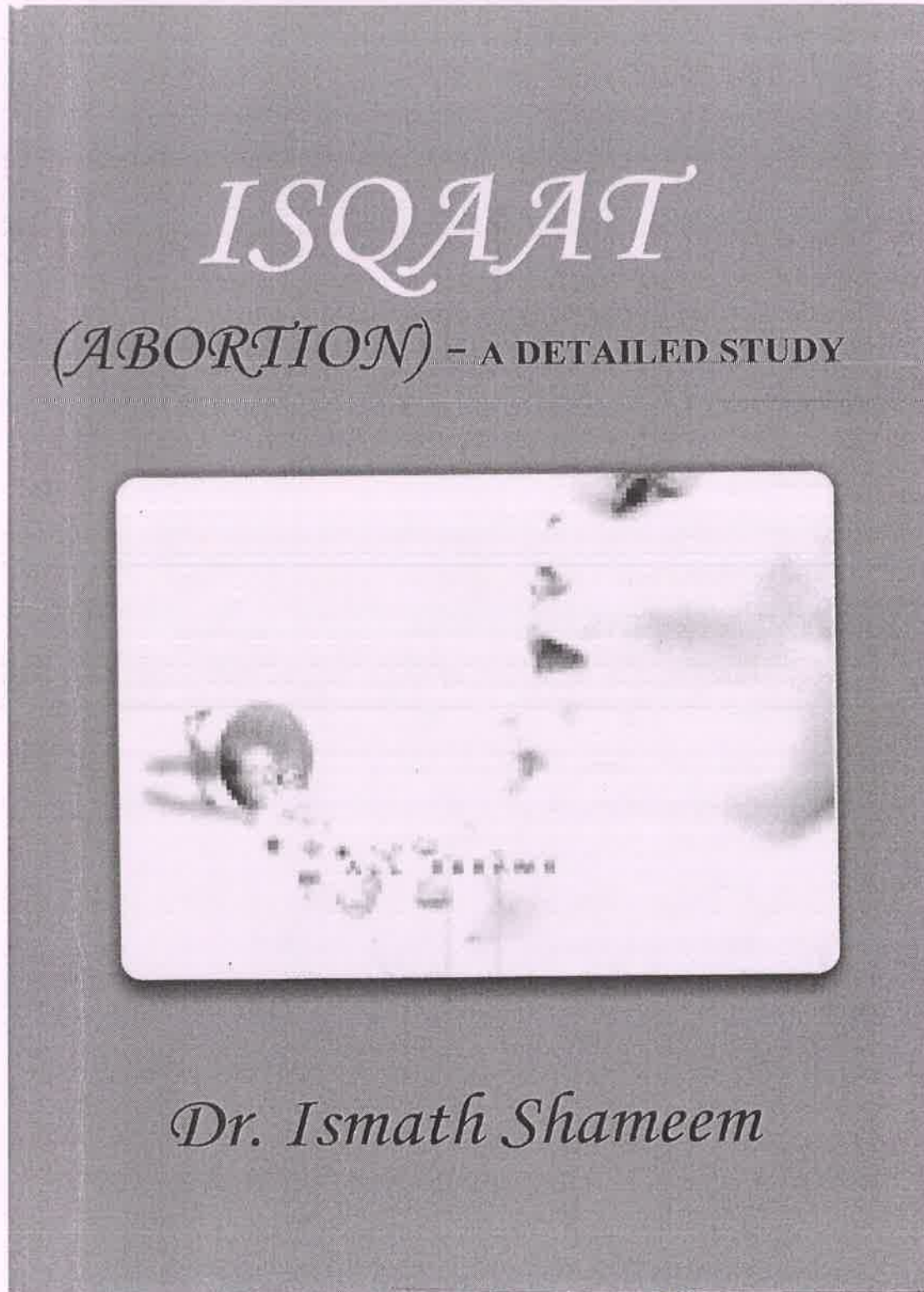
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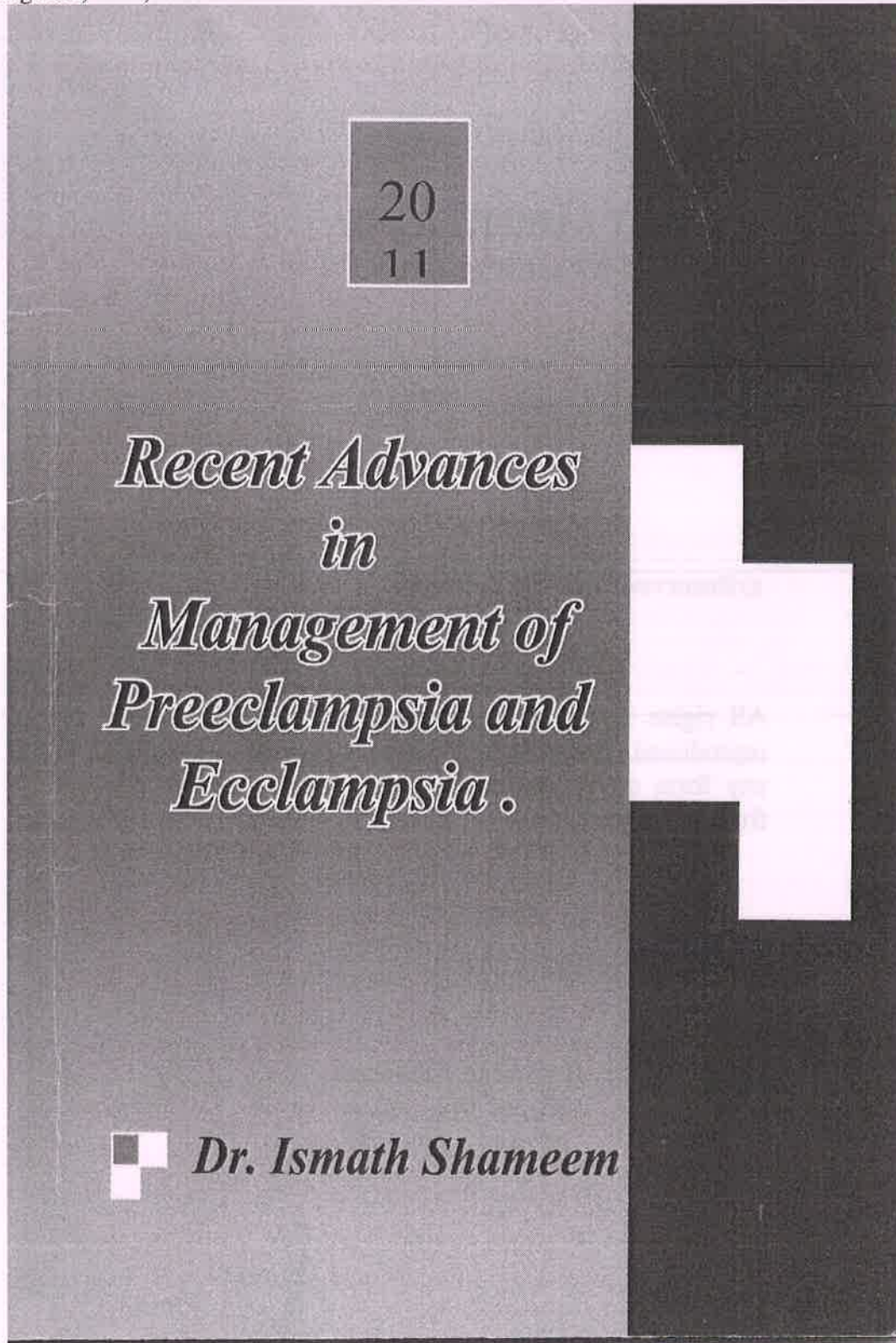
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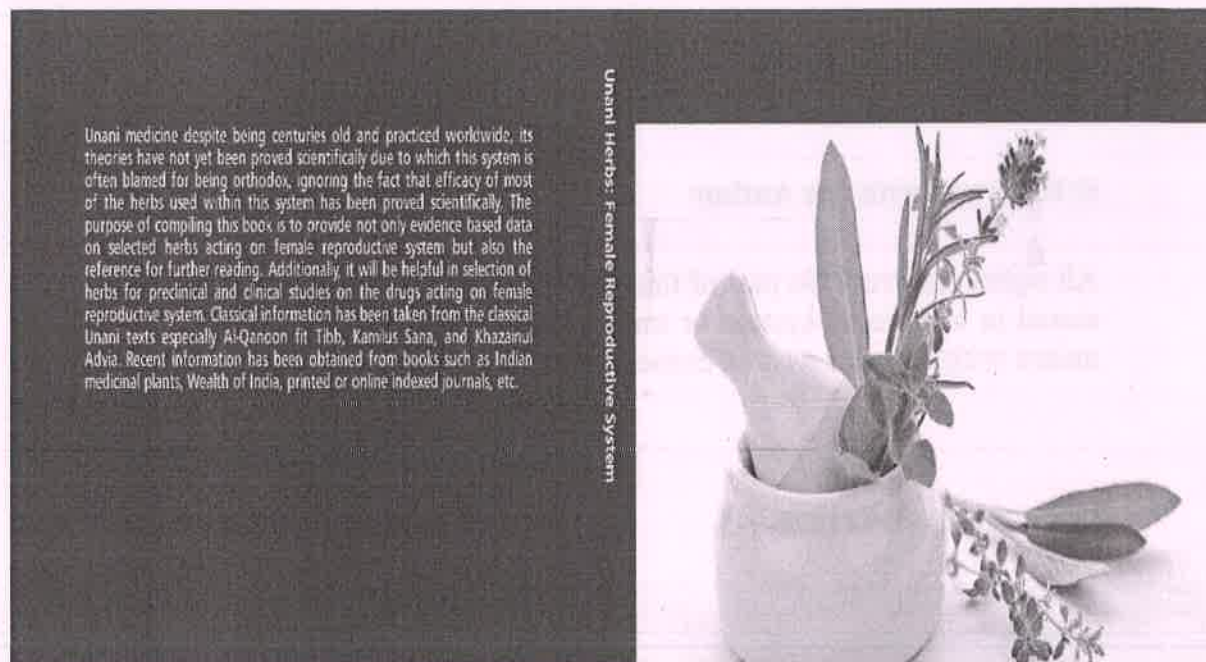
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Unani medicine despite being centuries old and practiced worldwide, its theories have not yet been proved scientifically due to which this system is often blamed for being orthodox, ignoring the fact that efficacy of most of the herbs used within this system has been proved scientifically. The purpose of compiling this book is to provide not only evidence based data on selected herbs acting on female reproductive system but also the reference for further reading. Additionally it will be helpful in selection of herbs for preclinical and clinical studies on the drugs acting on female reproductive system. Classical information has been taken from the classical Unani texts especially Al-Qanoon fit Tibb, Kamius Sana, and Khazainul Advia. Recent information has been obtained from books such as Indian medicinal plants, Wealth of India, printed or online indexed journals, etc.

Unani Herbs: Female Reproductive System

Arshiya Sultana
Khaleequr Rahman
Abdul Wadud

Arshiya Sultana

Dr. Arshiya Sultana has completed her M.D (U) in Gynaecology and Obstetrics in 2003 from Govt. Nizamia Tibbi College, India. She has eight years academic experience, supervised 8 dissertations and published 30 review and original papers in indexed and peer reviewed journals. At present, she is involved in academic as well as clinical research work.

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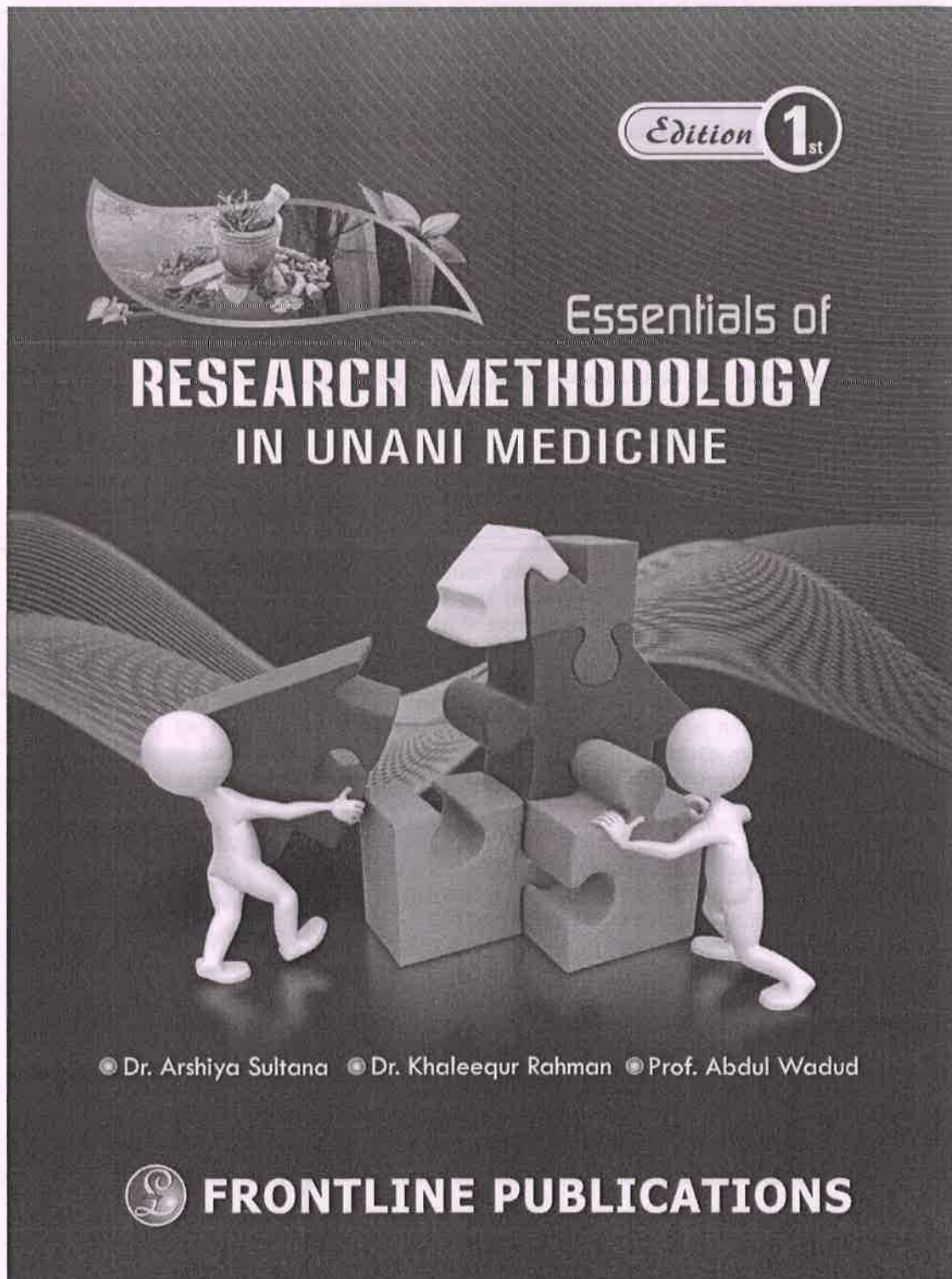
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DR. ARSHIYA SULTANA

Editor and Author

DR. KHALEEQUR RAHMAN

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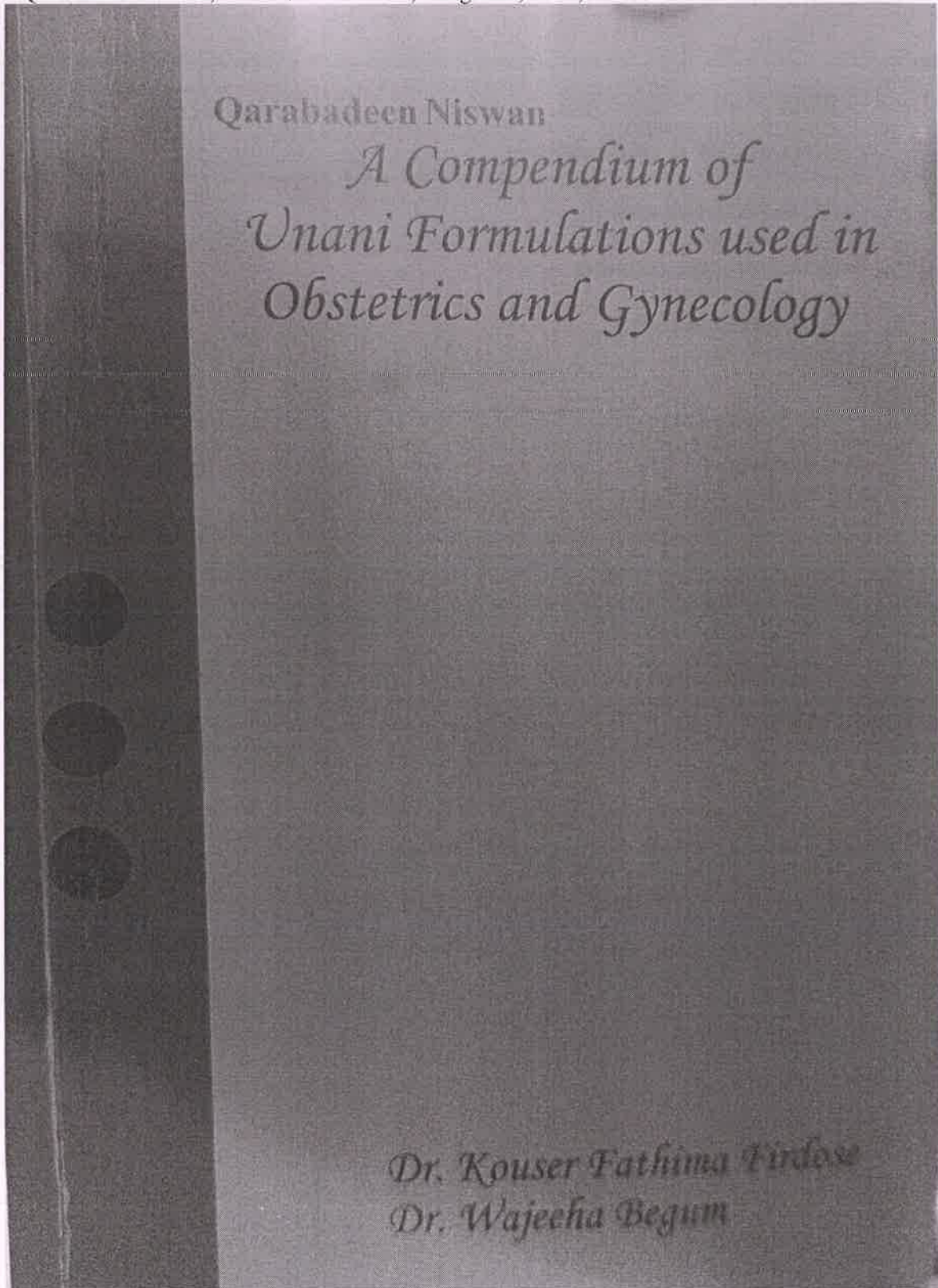
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No. 147, 4th Cross, Vijaya Bank Colony

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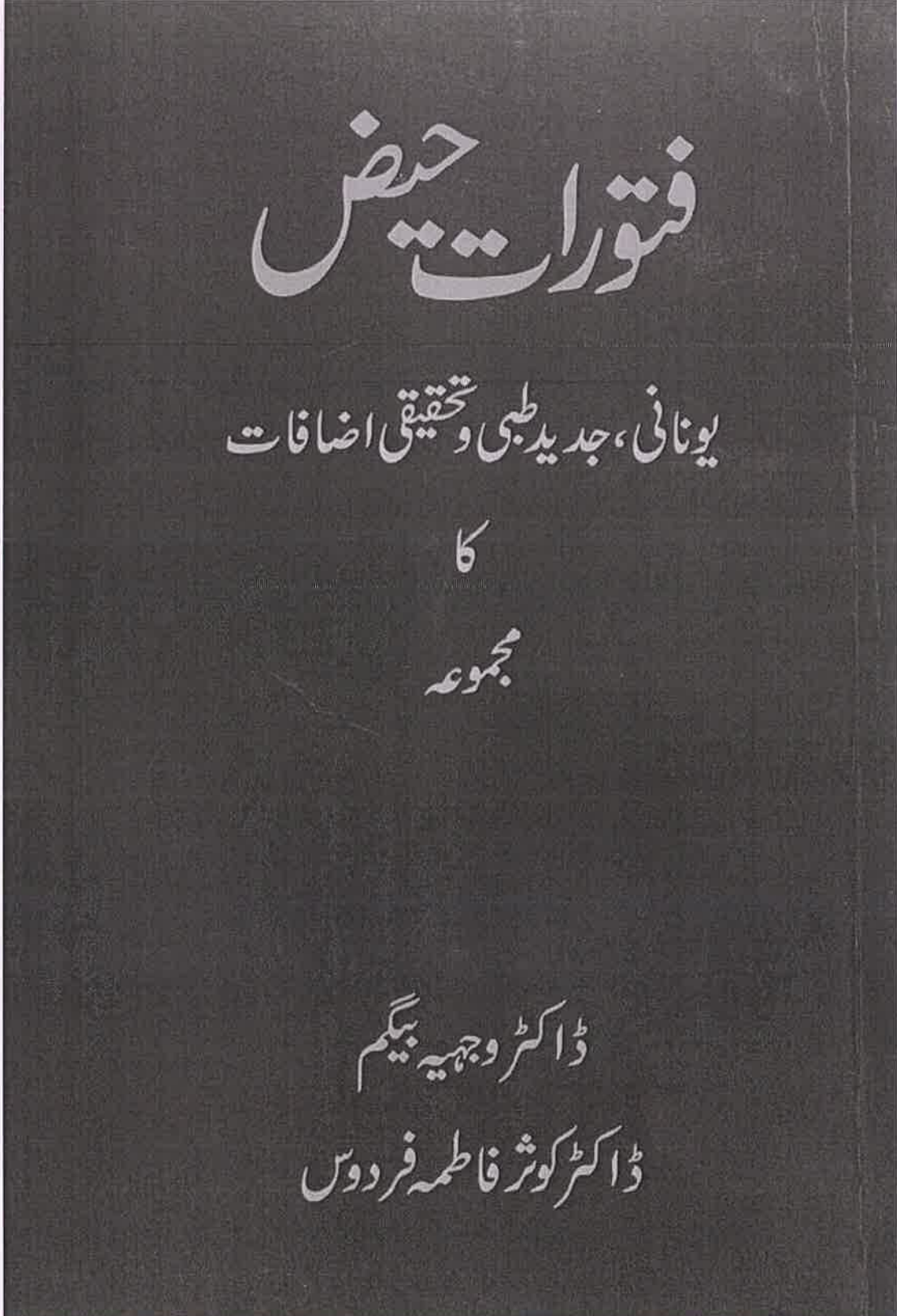
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Dr. Wajeeha Begum

Reader, Dept. of Ilmul Qabalat wa Amraz Niswan
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Bngalore-91

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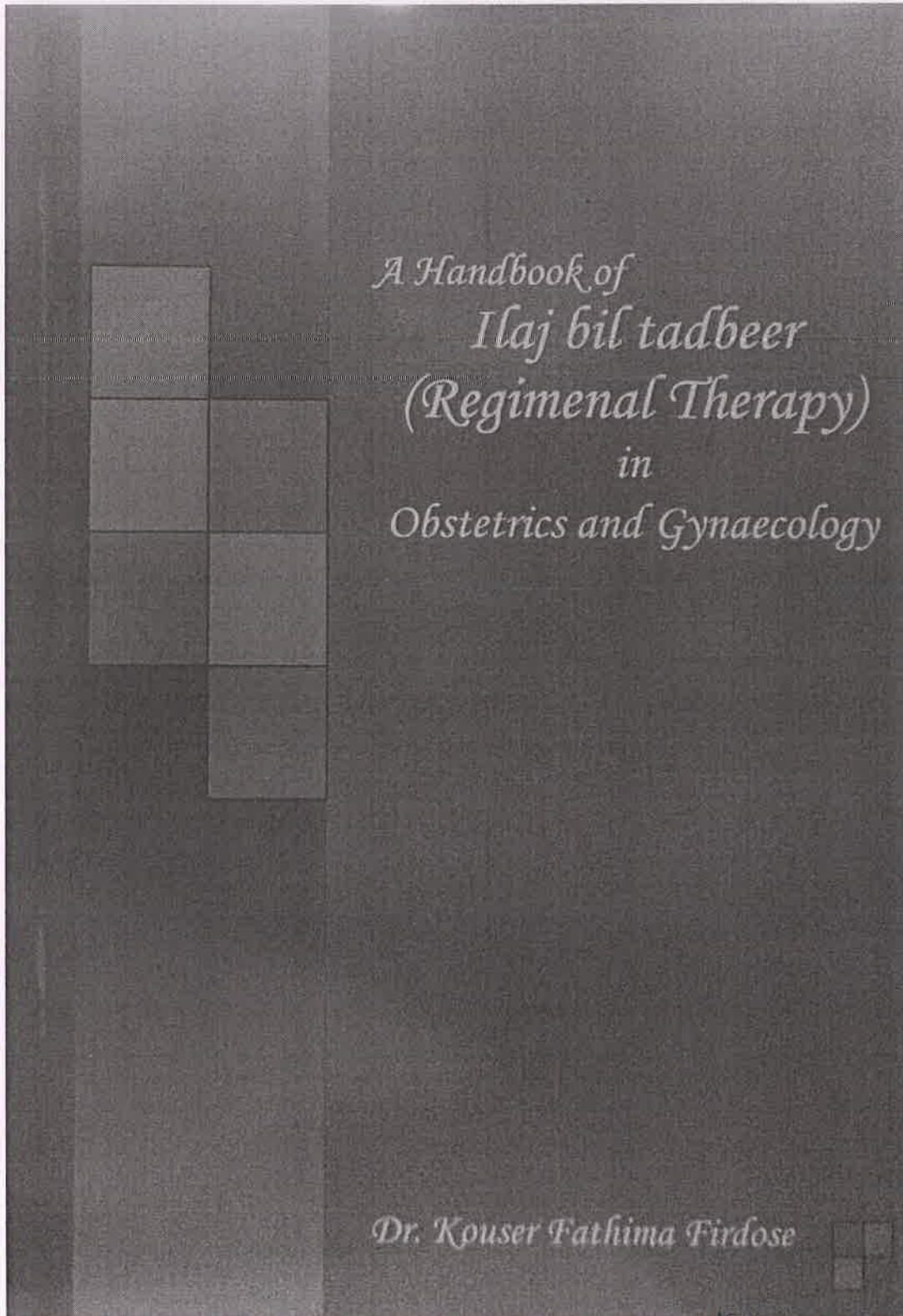
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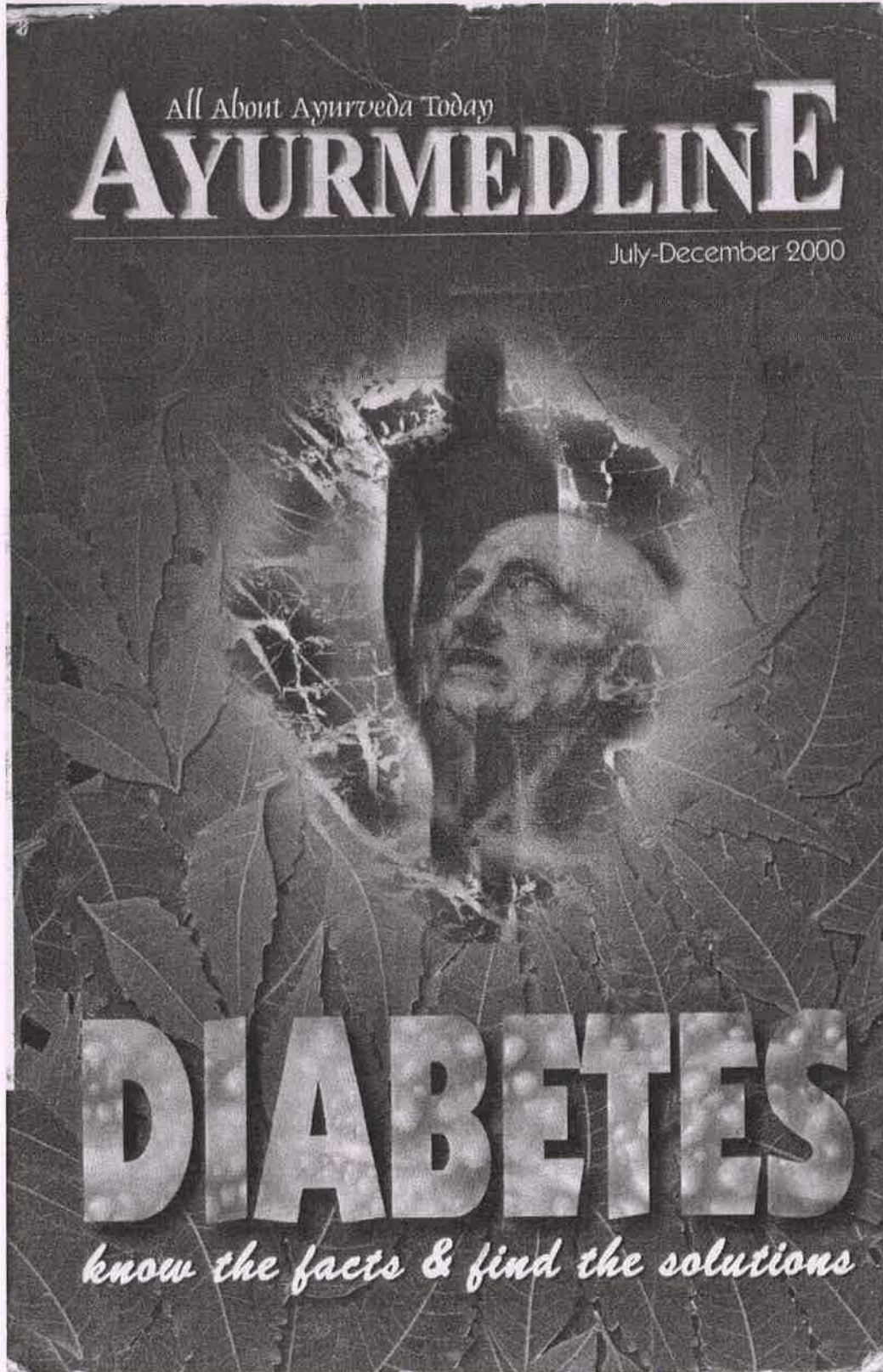
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EDITORIAL

At the dawn of new millennium, our ancient medical wisdom is once again on the ascendant.

Ironically, modern science which made a large number of educated people doubt Ayurveda, is stretching its hands towards this science of life, for many of its research programmes. There is an island of hope.

The history of vedic culture reaches back as far as 5000 years. No other medical culture can claim to have a continuous, breathing tradition of such venerable age.

Independent India did not see Ayurveda, as a tradition to be celebrated. It was conceived only as formula to be prescribed or a drug to be swallowed not a philosophy to be lived out. Still, Ayurveda retained its currency in the fast changing world.

Now, Ayurveda has the rare opportunity to earn back its pride of place among the healing wisdoms of the world. The emergence of India as a strong player in the field of medicine export is the first symptom of this trend. And the catalyst for this phenomenon is "growing demand". Sadly, Ayurveda is wiring the westerners while Indians languishes.

Our industries must have strong R&D programmes, so as to be able to meet international competition successfully, especially in the era of globalisation, where technology is advancing on daily basis.

DIABETES DIET

roohi ZAMANA

Diet plays a very important role in the management of diabetes mellitus. A strict regimen of diet should be initiated to bring down body weight if obese. The first step in preparing dietary regimen, is to map out a time table of the patient's routine including a description of usual meals. This is an essential step which is too often ignored. The total daily requirement of calories must next be decided.

The diet must be nutritionally adequate for the patient's needs and it must therefore be estimated for each individual patient.

Types of diet : Diet is of two types

1. **Measured** "in which the amount of food to be eaten at each time of the day is specified".
2. **Unmeasured** "in which the patient is given a list of foods grouped in three categories
 - ❖ Food with high Sucrose content which is to be avoided altogether like sugar, sweets, jam, cakes, fruits like mangoes, grapes, jackfruit and dates etc.
 - ❖ Foods containing carbohydrates in the form of starch which are to be eaten in moderate quantity like bread, biscuits, custard, milk, potatoes,

peas, cereals, pulses etc.

❖ Foods to be eaten as desired like white meat, fish, boiled eggs, lemon juice and tomato soup.

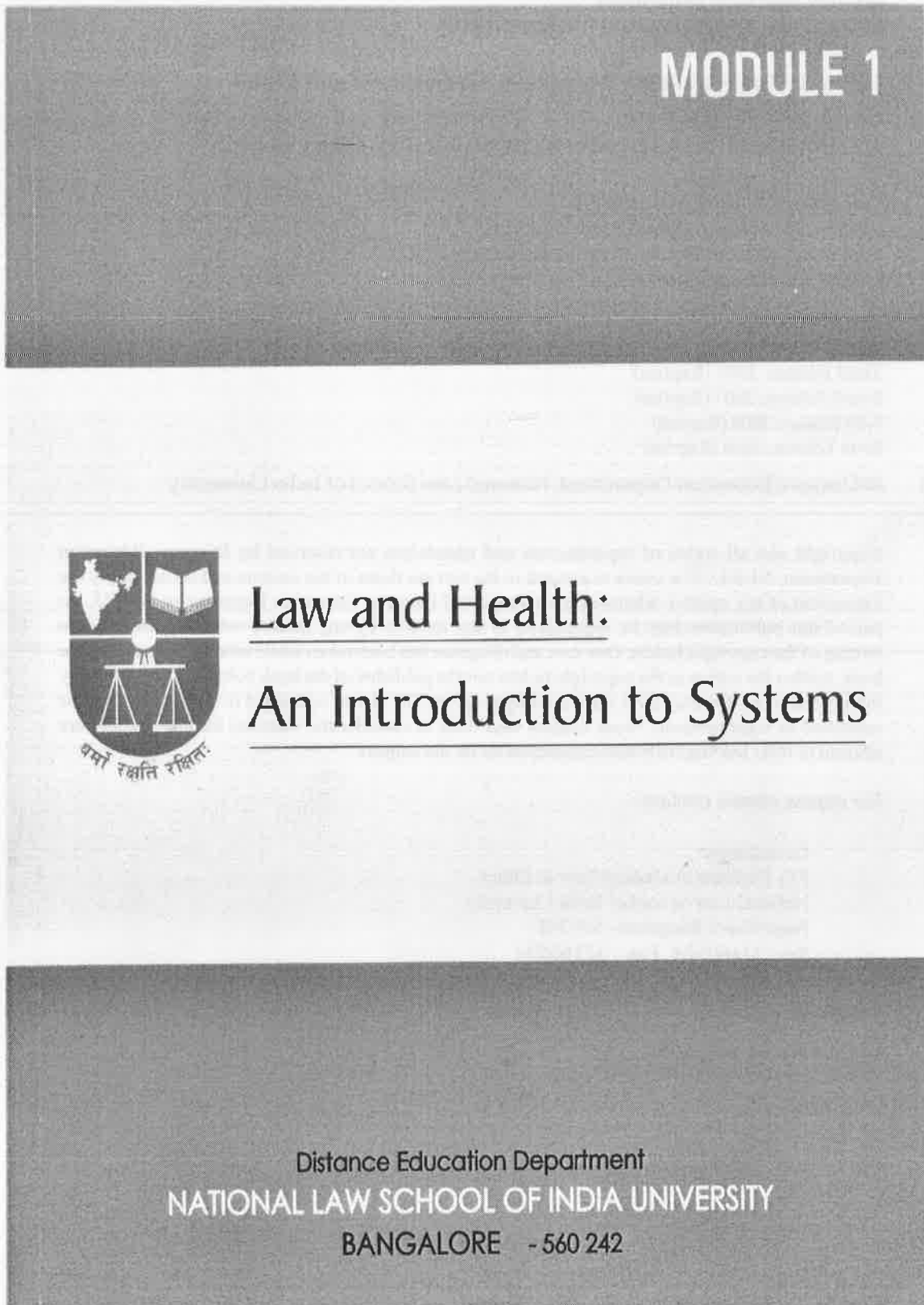
Vegetables which can be taken as desired are bitter gourd, fenugreek leaves and seeds, knolkol, clustered beans, cabbage, brussels, sprouts, broccoli, cauliflower, spinach, tumip, pumpkin, french beans, onions, mushrooms, lettuce, cucumber, tomato, onion springs, mushrooms, radish, mustard leaves, asparagus, barley, rhubarb, lemon, ladies finger, celery, kasni leaves etc.

Fruits which can be taken as desired are jambu, grape fruit, goose berries, lemon, melons, rhubarb, black coocuts, carcuts, black bill berries, strawberries, orange, raspberries, papaya etc. Some cereals, pulses

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Folk Practice235
Research and Ethics235
Need for Collaborative Research and Practice235

HOMOEOPATHY AS A SYSTEM OF MEDICINE

Dr. A. Narasimham

Introduction237
What is Homoeopathy and Why is it Called Homoeopathy?237
The Natural Law of Cure237
Diseases and Drugs237
Potencies of Medicine238
Single Drugs vs. Polypharmacy240
Medicines and Provings240
Dynamics Action of Drugs240
Basic of Prescription and Diagnosis241
Law of Suppression241
Treatment242
Surgery243
Sources of Medicine243

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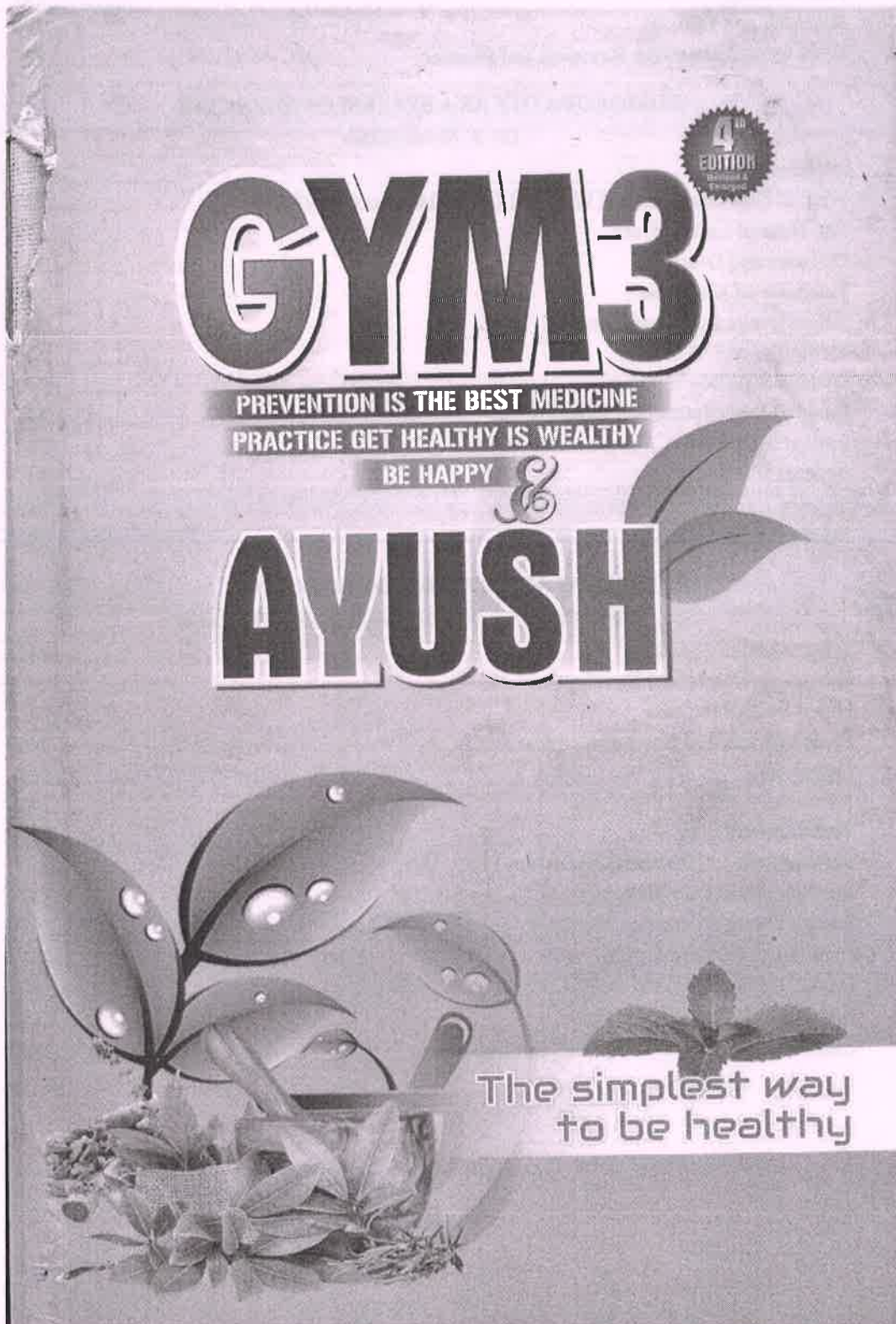
What is Unani Medicine245
Unani - Its Origin and Development245
Unani System in India245
Fundamentals and Basic Principles246
Diagnosis248
Prevention is Better than Cure249
Treatment in Unani250
Ilaj-Bil Tadbeer (Regimental Therapy)250
Ilaj-Bil Ghiza (Diet Therapy)251
Ilaj-Bil Dawa (Pharmaco Therapy)253
Unani Drugs of Plant Origin253
Unani Drugs of Mineral Origin255
Unani Drugs of Animal Origin255
Unani Murakabat or Compound Formulations256



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Dedicated to my parents & family

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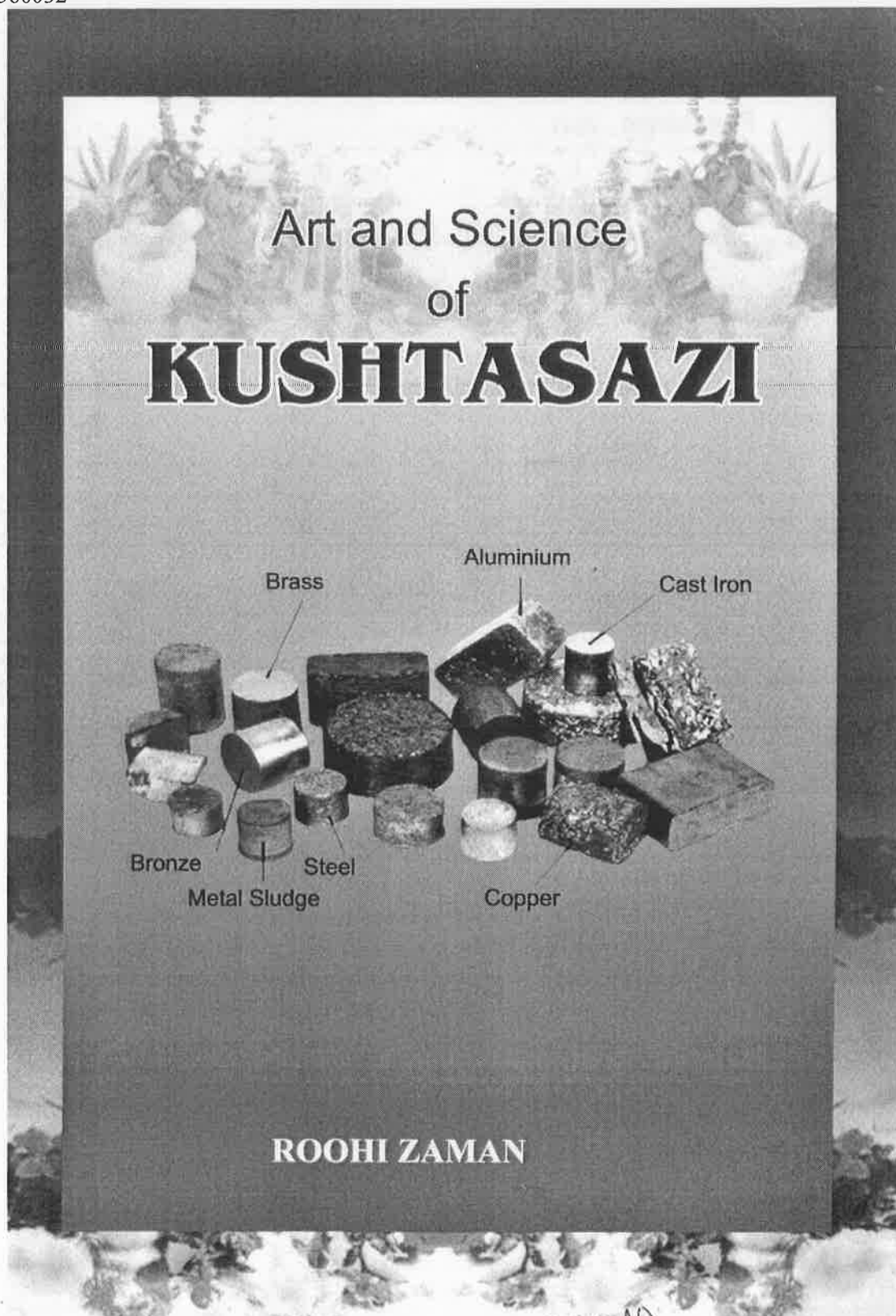
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Correspondence :
roohizaman62@gmail.com,
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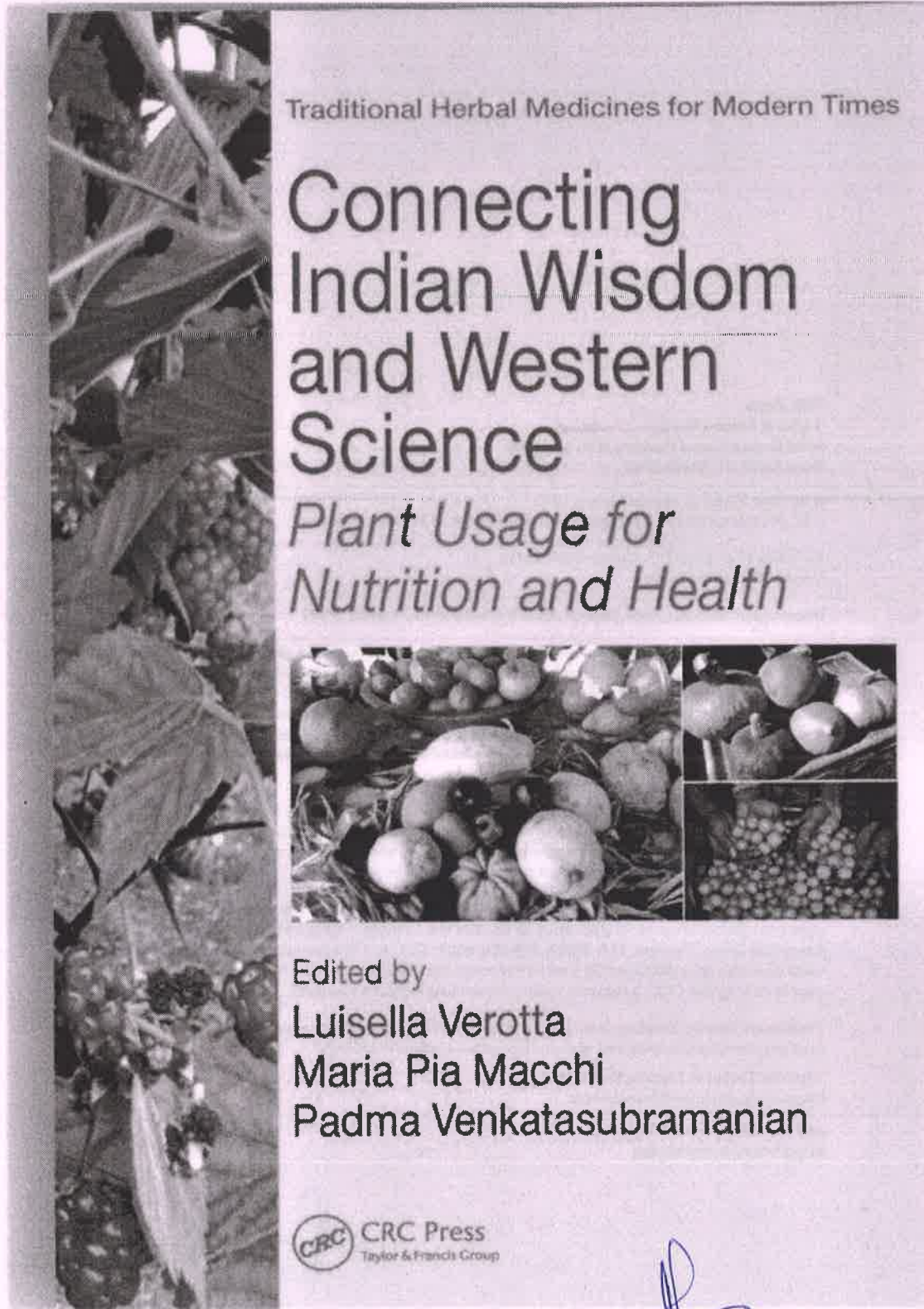
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4 The Principles of Diet Therapy in the Unani System of Medicine

Roohi Zaman

CONTENTS

4.1	Introduction	59
4.2	Basic Fundamentals and Principles	60
4.3	Treatment Modalities in the Unani System	61
4.3.1	<i>Ilaj-Bil-Ghiza</i> (Diet Therapy/Nutritional Therapy).....	61
4.3.2	<i>Ilaj-Bid-Dawa</i> (Pharmacotherapy).....	61
4.3.3	<i>Darjaat-e-Advia</i> (Potency of Drugs).....	61
4.3.4	<i>Ilaj-Bid-Tadbeer</i> (Regimental Therapy).....	62
4.4	Principles of Diet Therapy.....	62
4.5	Benefits of Healthy Foods.....	62
4.6	Historical Background.....	63
4.7	Conclusion	67
	References.....	67

Your food shall be your medicine.

Hippocrates

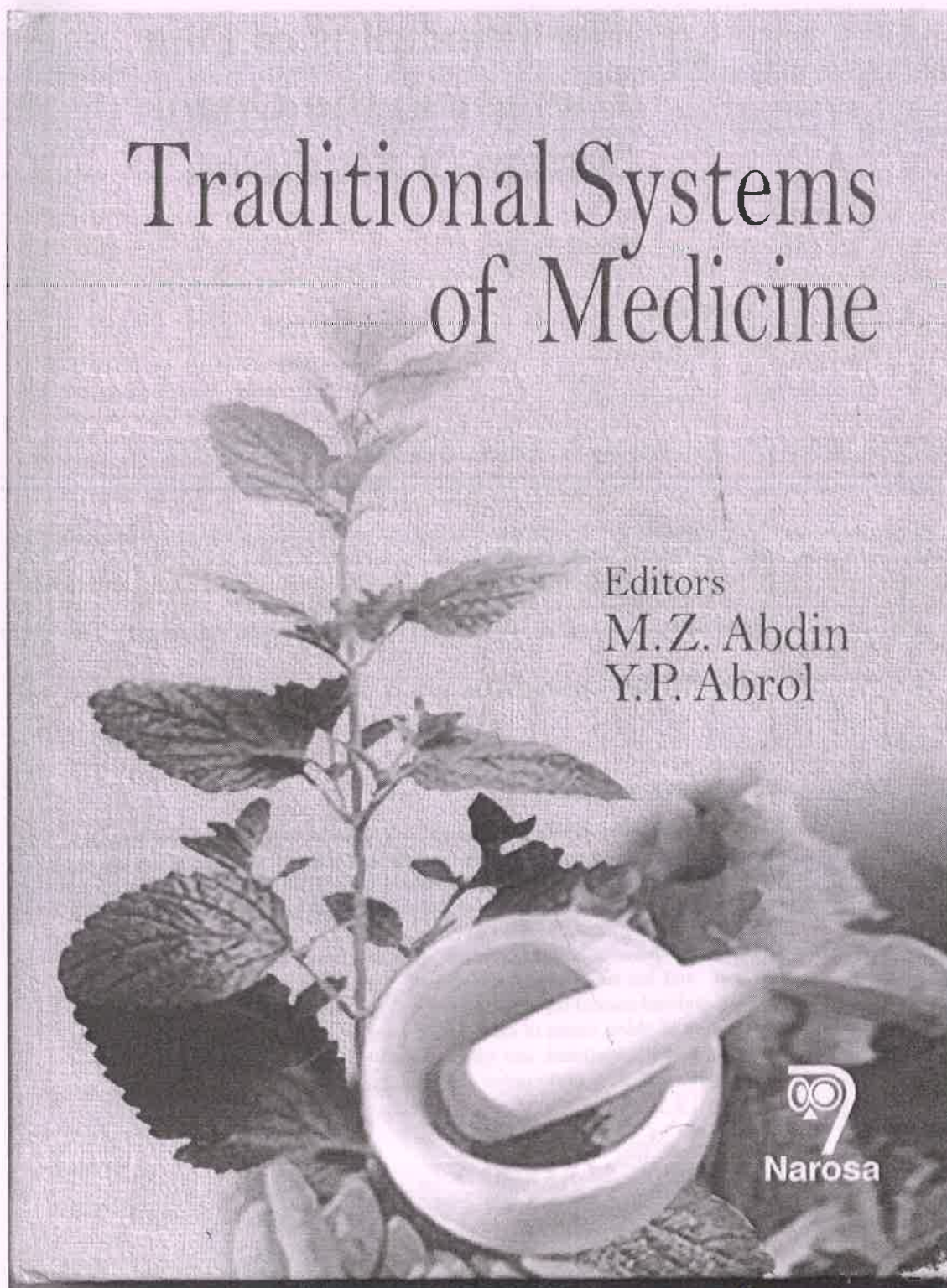
4.1 INTRODUCTION

The Unani system of medicine is a great healing art as well as a science. It treats a person as a whole and not as a group of individual parts. It is aimed at treating the body, mind, and soul. It is a science from which we learn the various states of the body in health and ill-health as well as the means by which health is likely to be lost and when lost how it may be restored (Avicenna, 2007).

Unani (pronounced *Yānānī* in Arabic, Bengali, Hindi, Persian, and Urdu) means "Anatoli" and has its origins in the Greek word, the name of a place given to a Greek-populated coastal region of Anatolia. This major traditional holistic healing system, one of oldest forms of medicine, covers all aspects of health, encouraging physical, mental, emotional, and spiritual well-being. It was Hippocrates (*Buqrat*, 460–377 BC), a great philosopher and physician, who freed medicine from the

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Editors

M. Z. Abdin

Centre for Transgenic Plant Development
Department of Biotechnology

Y. P. Abrol

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Traditional Systems of Medicine
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Preliminary Screening of Reetha (*Sapindus trifoliatus* and *Sapindus mukorossi*) and Tukhm-e-kasoos (*Cuscuta reflexa*) for Hepatoprotective activity in Experimental Animals

Hamid-uddin, Farhana Usmani, Wahaburrahman*

Nizamia Tibbiya College, Charminar, Hyderabad, Usmania Medical College, Hyderabad
 E-mail: drhamid2003@rediffmail.com

ABSTRACT

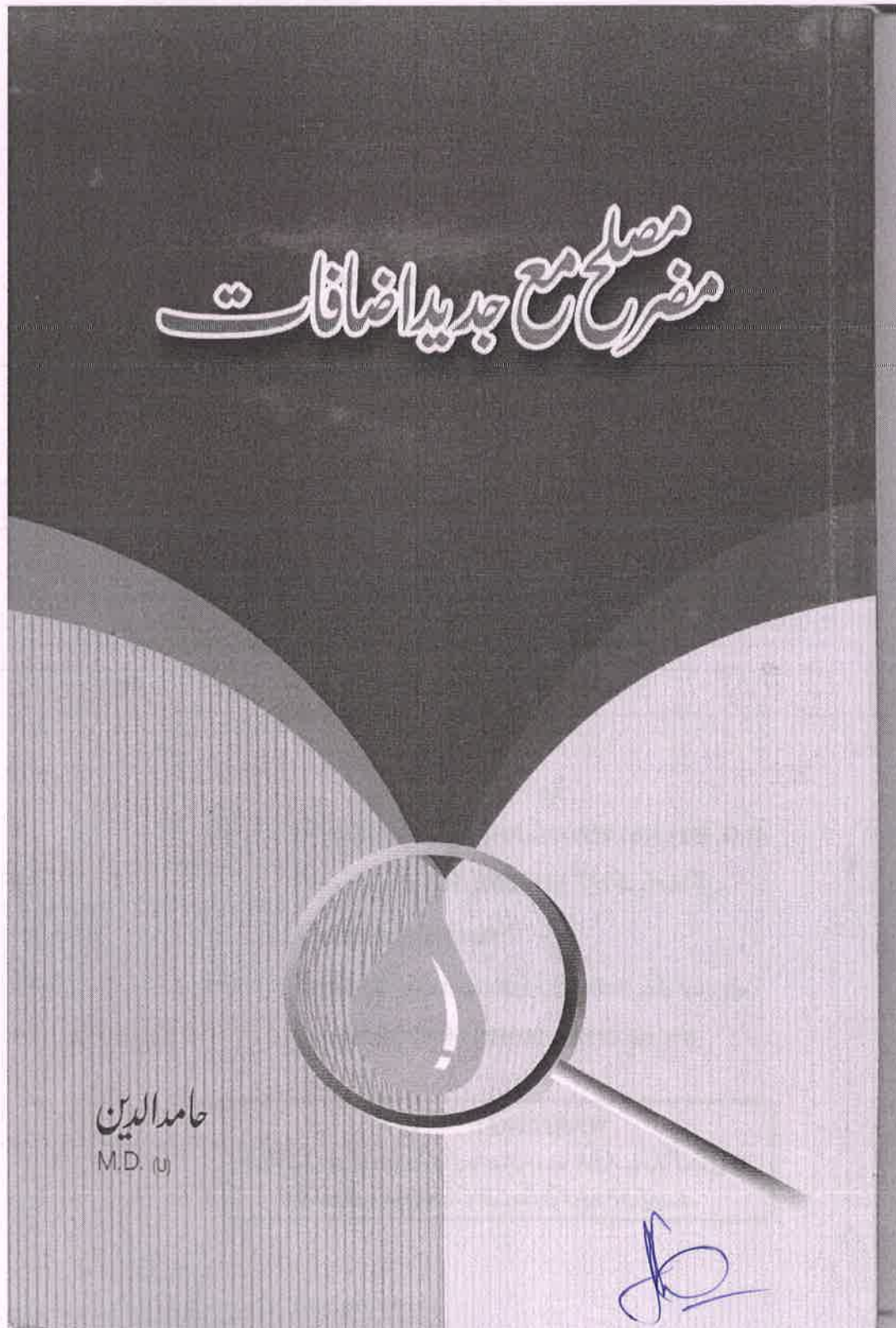
In the present study the screening of Tukhm-e-Kasoos (*Cuscuta reflexa*) and Reetha (*Sapindus trifoliatus* and *Sapindus mukorossi*) was done on Albino rats to establish their hepatoprotective activity by CCl₄ induced hepatotoxicity. The drugs to the different groups of Albino rats were administered in the form of aqueous extract, alcoholic extract and powder (infusion). The biochemical and histopathological studies confirmed the hepatoprotective activity of these drugs and showed significant difference in enzyme markers (SGOT, SGPT), blood Urea, serum alkaline phosphatase, serum protein/albumin and serum cholesterol level, when compared with CCl₄ induced toxicant group. Powdered form of fruit reetha (*S. mukorossi*) given as infusion showed better activity when compared to the aqueous extract of reetha south (*S. trifoliatus*) which might be due to the destruction of some constituents during extraction. In Ancient Unani literature, scattered literary information is available regarding use of Reetha in liver disease (*Khazimul Advia, Ikhtiyarate Badihi, Alkanoon futib, Jameul Mufradat* etc.). Hepatoprotective effect of these drugs and their use in various liver diseases has been reported based on their effective constituents and activity. In this paper the drug discussed was reetha due to its easy identity, abundant availability and cheaper cost. The main attraction of this drug is due to the saponins present in it. Saponins are bile acid sequestrants which bind or attach to cholesterol and pathogens entering the body and carry them through the digestive system forcing them to be eliminated without

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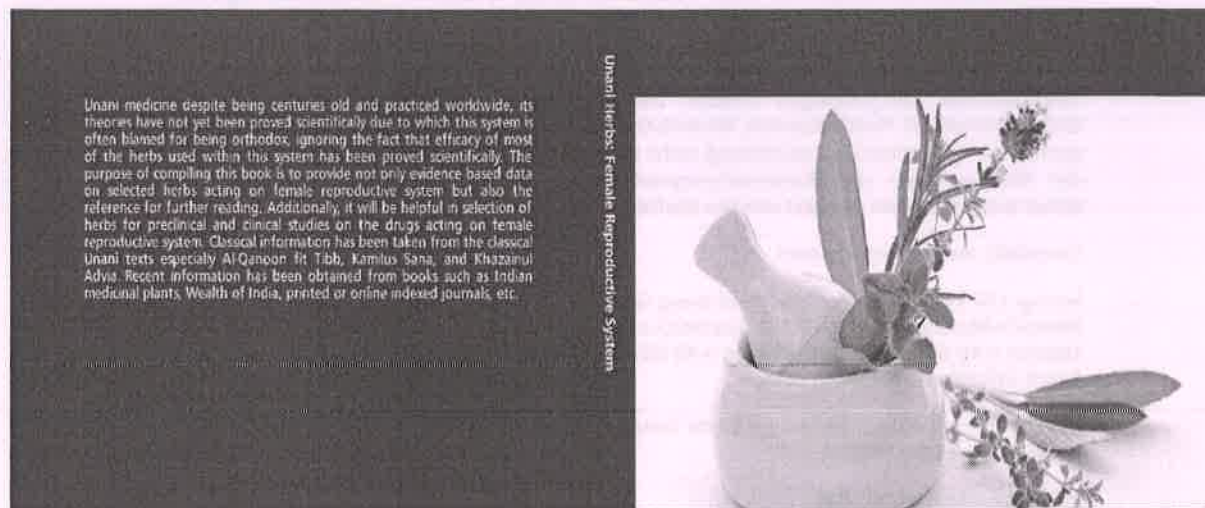
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Unani medicine despite being centuries old and practiced worldwide, its theories have not yet been proved scientifically due to which this system is often blamed for being orthodox, ignoring the fact that efficacy of most of the herbs used within this system has been proved scientifically. The purpose of compiling this book is to provide not only evidence based data on selected herbs acting on female reproductive system but also the reference for further reading. Additionally, it will be helpful in selection of herbs for preclinical and clinical studies on the drugs acting on female reproductive system. Classical information has been taken from the classical Unani texts especially Al-Qanoon fit Tibb, Kamilus Sana, and Khazamul Advia. Recent information has been obtained from books such as Indian medicinal plants, Wealth of India, printed or online indexed journals etc.

Unani Herbs: Female Reproductive System

Arshiya Sultana
Khaleequr Rahman
Abdul Wadud

Arshiya Sultana

Dr. Arshiya Sultana has completed her M.D (U) in Gynaecology and Obstetrics in 2003 from Govt. Nizamia Tibbi College, India. She has eight years academic experience, supervised 8 dissertations and published 30 review and original papers in indexed and peer reviewed journals. At present, she is involved in academic as well as clinical research work.

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Arshiya Sultana, K. Rahman, A. Wadud



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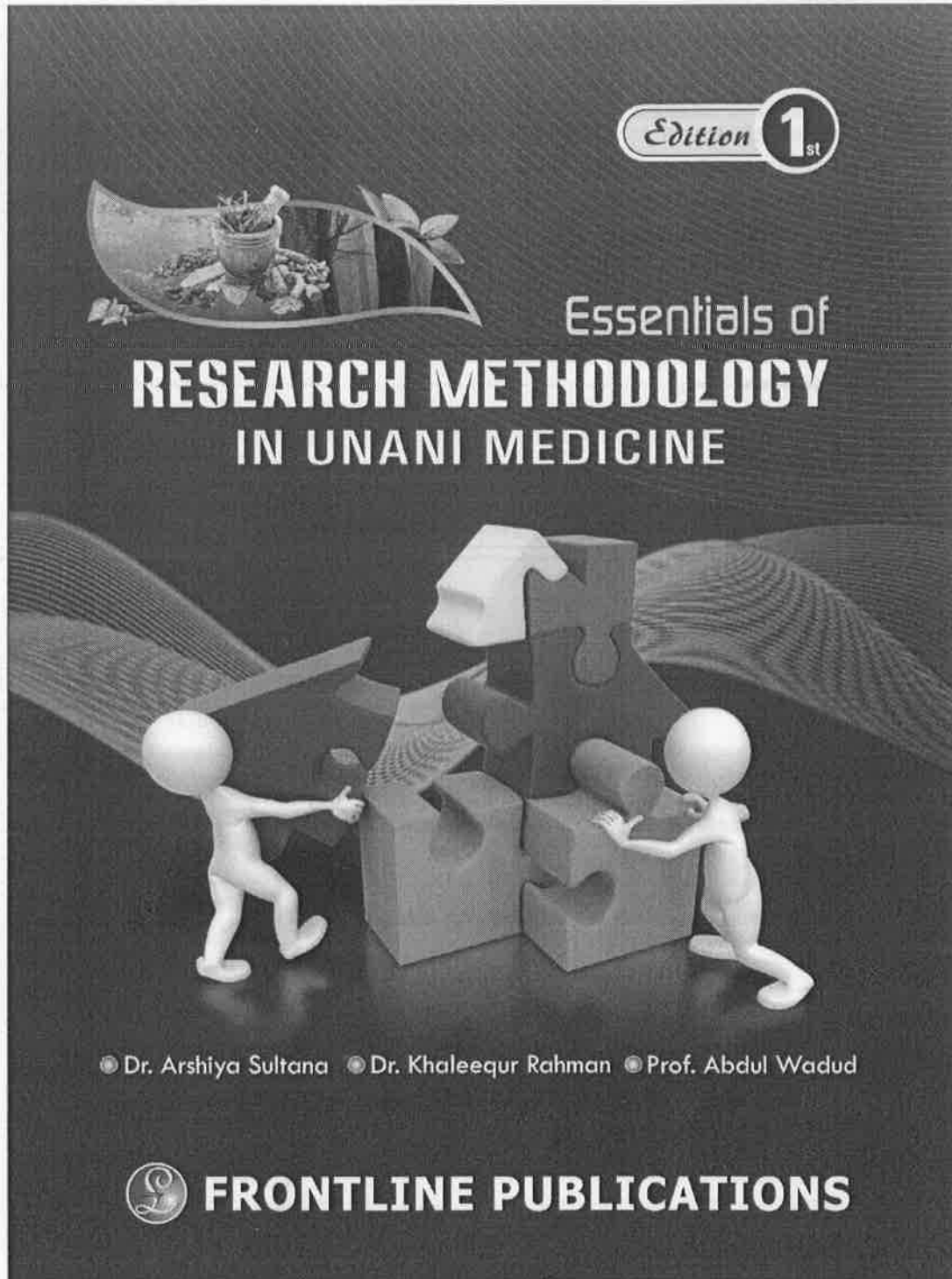
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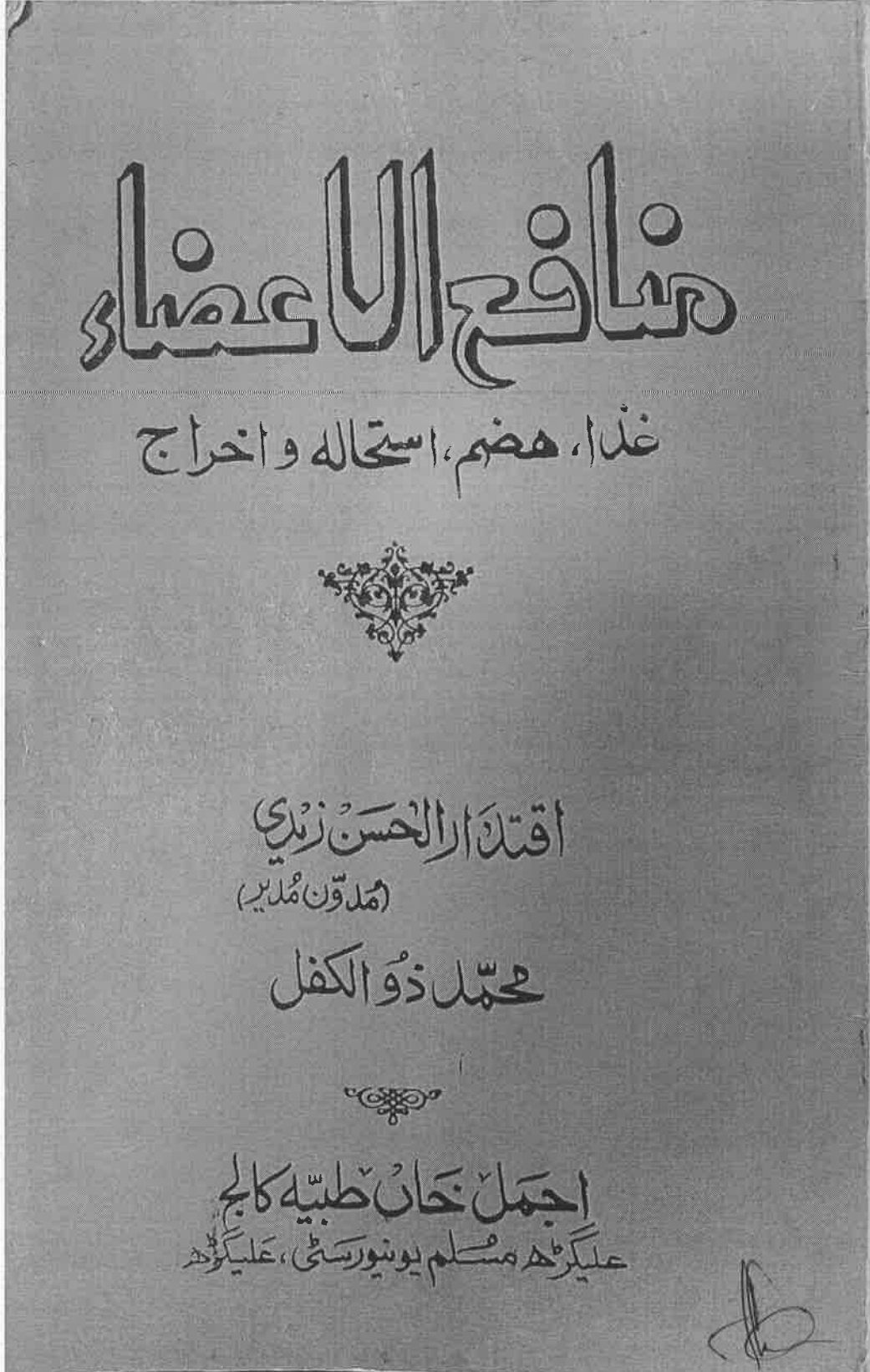
Stockists:

BOOK SEA

4-5-48, Women's College Road, Beside Andhra Bank Kothi,
 Hyderabad - 500 095, Cell: 09573377028

I. Prof. Mohammad Zulkifle, Department. of Kulliyate Tib

46. Munaf-ul-aza- Ghiza, hazam, Istehala and ikhraj, Saba Publisher, Aligarh, 1998



(۱) یہ کتاب فخر الدین علی احمد میموریل کمیٹی کے مالی تعاون سے شائع ہوئی
 (۲) اس کتاب کے مندرجات سے میموریل کمیٹی کا متفق ہونا ضروری نہیں
 مالی امداد زبردست ہے

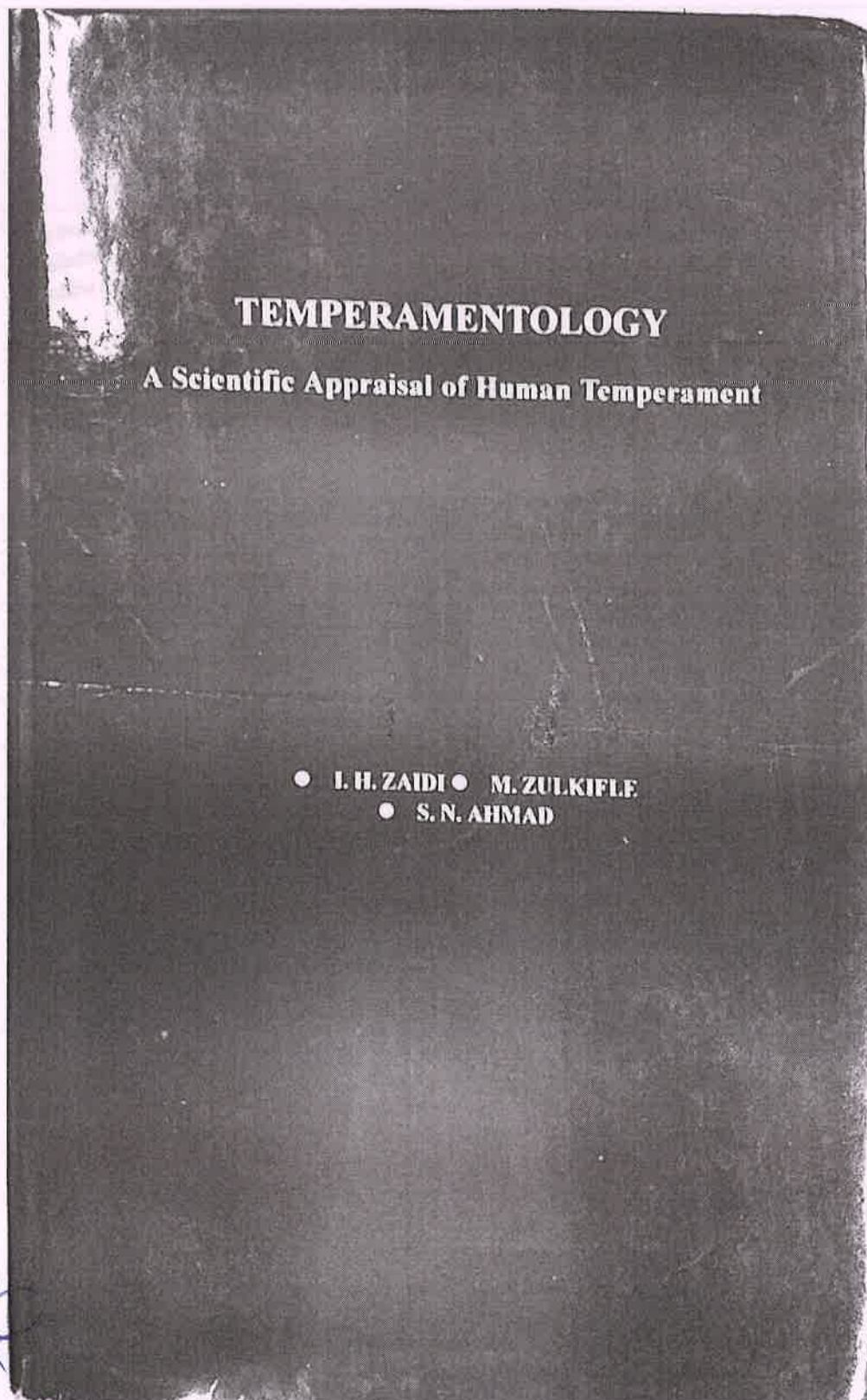
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AMU, Aligarh.

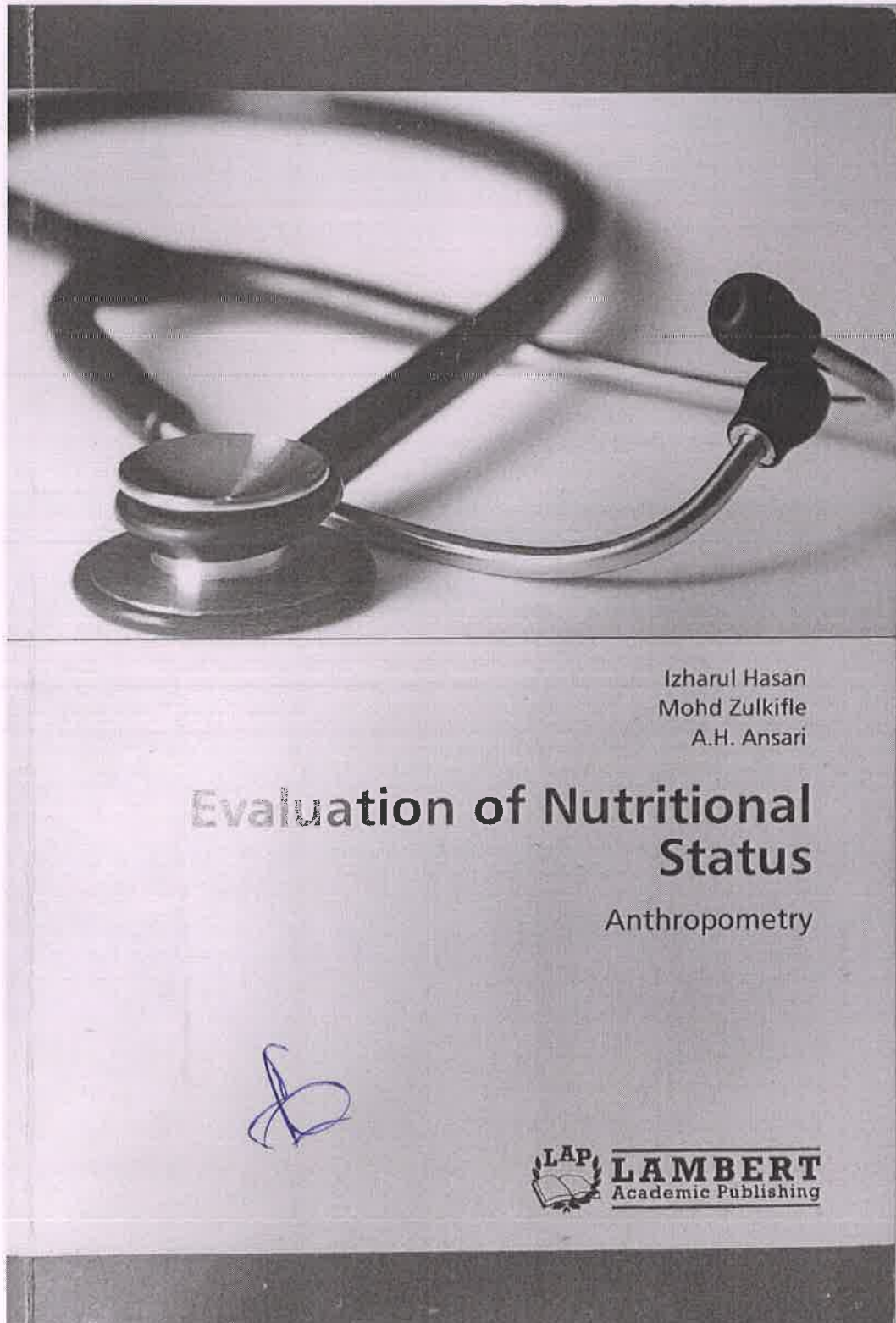
First Edition: March, 1999.
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Aligarh - Ph: 502385



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1. Prof. Mohammad Zulkifle, Department. of Kulliyate Tib

48. Evaluation of nutritional status, LAP- Lambert Academic Publishing, 2011; ISBN: 978-3-8443-83720



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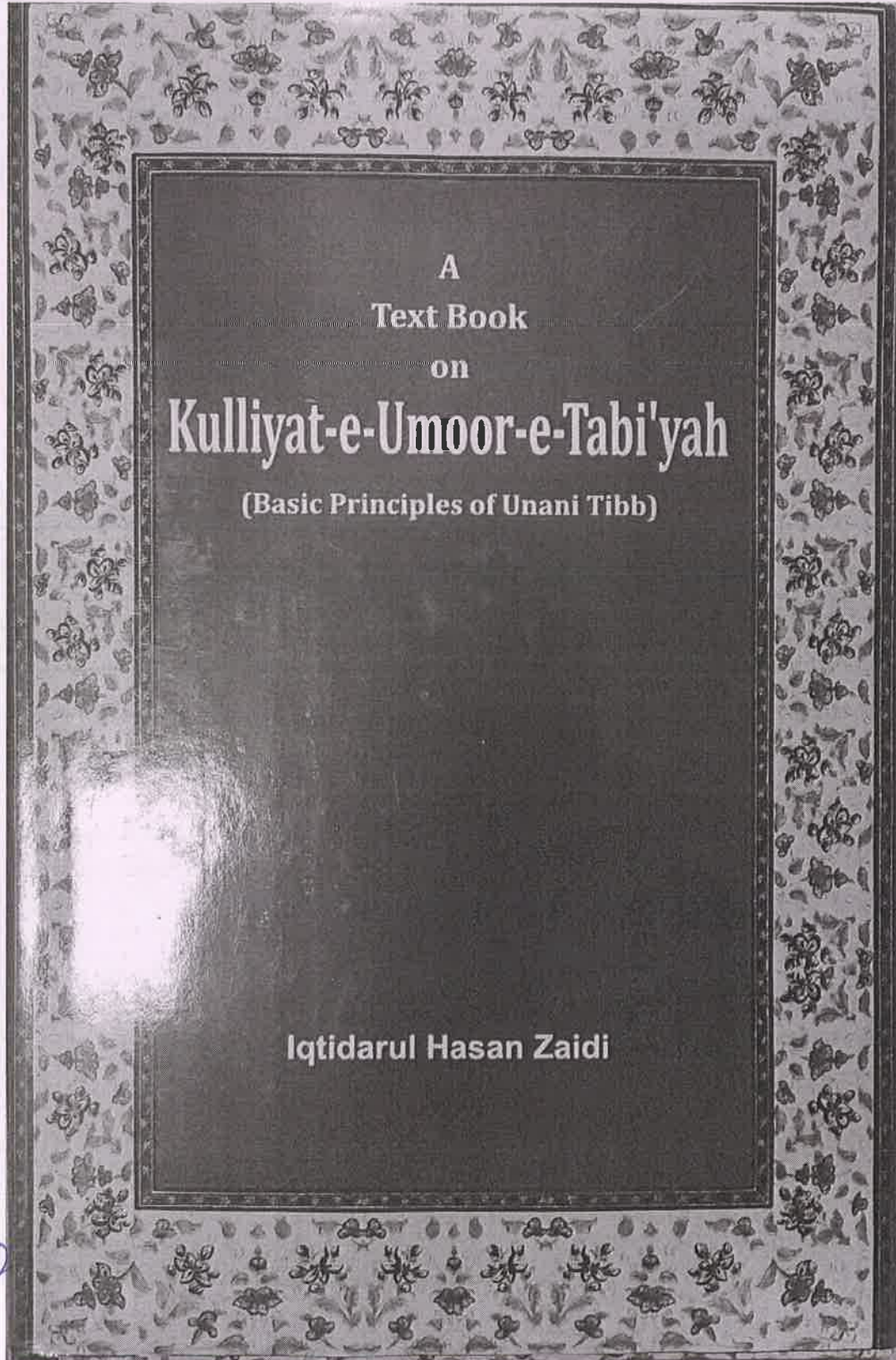
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1. Prof. Mohammad Zulkifle, Department. of Kulliyate Tib

49.A chapter "Tabiyat-e-Insaniah" in Kulliyat-e-U Moor-e-Tabiyah, Prof. Iqtidarul Hasan Zaidi (Publisher), Aligarh, Printed at Litho Offset Printers; 2011



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Aligarh-202002

First Edition: September 2011

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US \$ 05.00

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Litho Offset Printers

Achal Tal, Aligarh-202001

TABI'YAT -E- INSANIAH

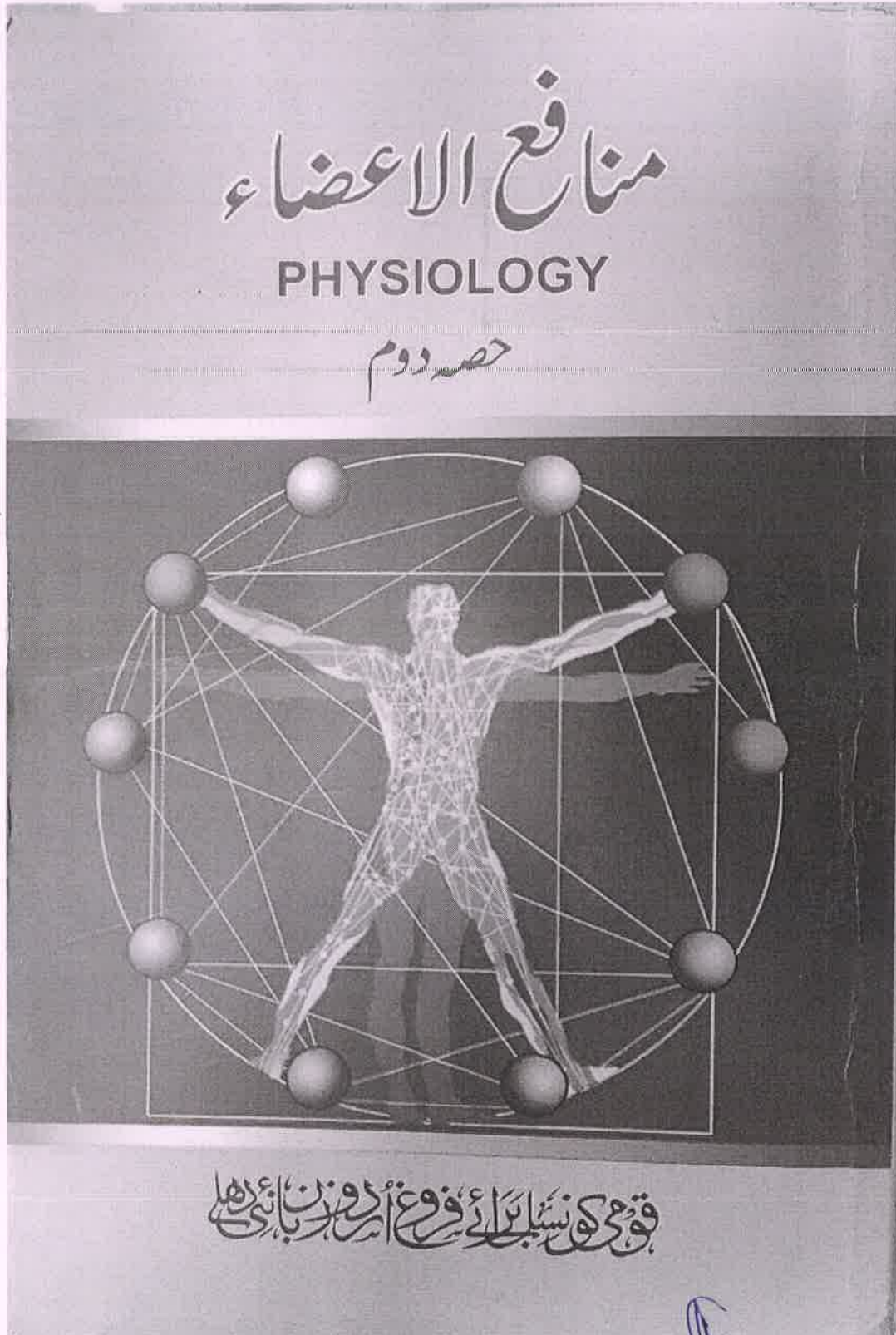
Mohd. Zulkifle

"*Tabi'yat*" is considered as the pivotal concept in Unani System of Medicine and one of the bases for the description of its fundamentals viz. *Kulliyat -e- umoor -e- tabi'yah* that includes *Arkan* (elements), *Mizaj* (temperament), *Akhlat* (humours), *A'za* (organs), *Arwah* (pneumas), *Quwa* (power), *Afal* (functions of the body) and many other factors. *Tabi'yat* of an individual includes the homeostasis of the body (the temperament), habits and other environmental factors. In fact, the maintenance of the health of an individual depends on how *Tabi'yat -e- insaniah* and its relationship with environment are maintained. When the environment is in favour of maintaining *Tabi'yat*, the health of the individual can easily be maintained.

It, therefore, provides the basis for having a balanced and holistic view towards mankind so that a better human approach can be made with regard to its health management. For instance in case of psychosomatic disorders, the patient needs much of

1. Prof. Mohammad Zulkifle, Department. of Kulliyate Tib

50. A chapter "Nizam-i-ikhraj" (Excretory system) in the Munafe-ul-Aaza (Physiology), Qaumi Council Barae Farogh Urdu Zaban, (NCPUL), Vol. 2, 2016; ISBN:978-93-5160-143-2



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MUNAFE-UL-AAZA Vol. 2
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جسولہ، نئی دہلی 110025، فون نمبر: 49539000، فیکس: 49539099
شعبہ فروخت: ویسٹ بلاک-8 آر۔ کے۔ پورم، نئی دہلی-110066
فون نمبر: 26109746، فیکس: 26108159، ای میل: ncpulsaleunit@gmail.com
ای۔ میل: urducouncil@gmail.com، ویب سائٹ: www.urducouncil.nic.in
طابع: لاہوتی پرنٹ ایڈز، جامع مسجد، دہلی-110006
اس کتاب کی چھپائی میں 70GSM, TNPL Maplitho کاغذ استعمال کیا گیا ہے۔

پروفیسر محمد ذوالکفل

باب-4

نظام اخراج

(Excretory System)

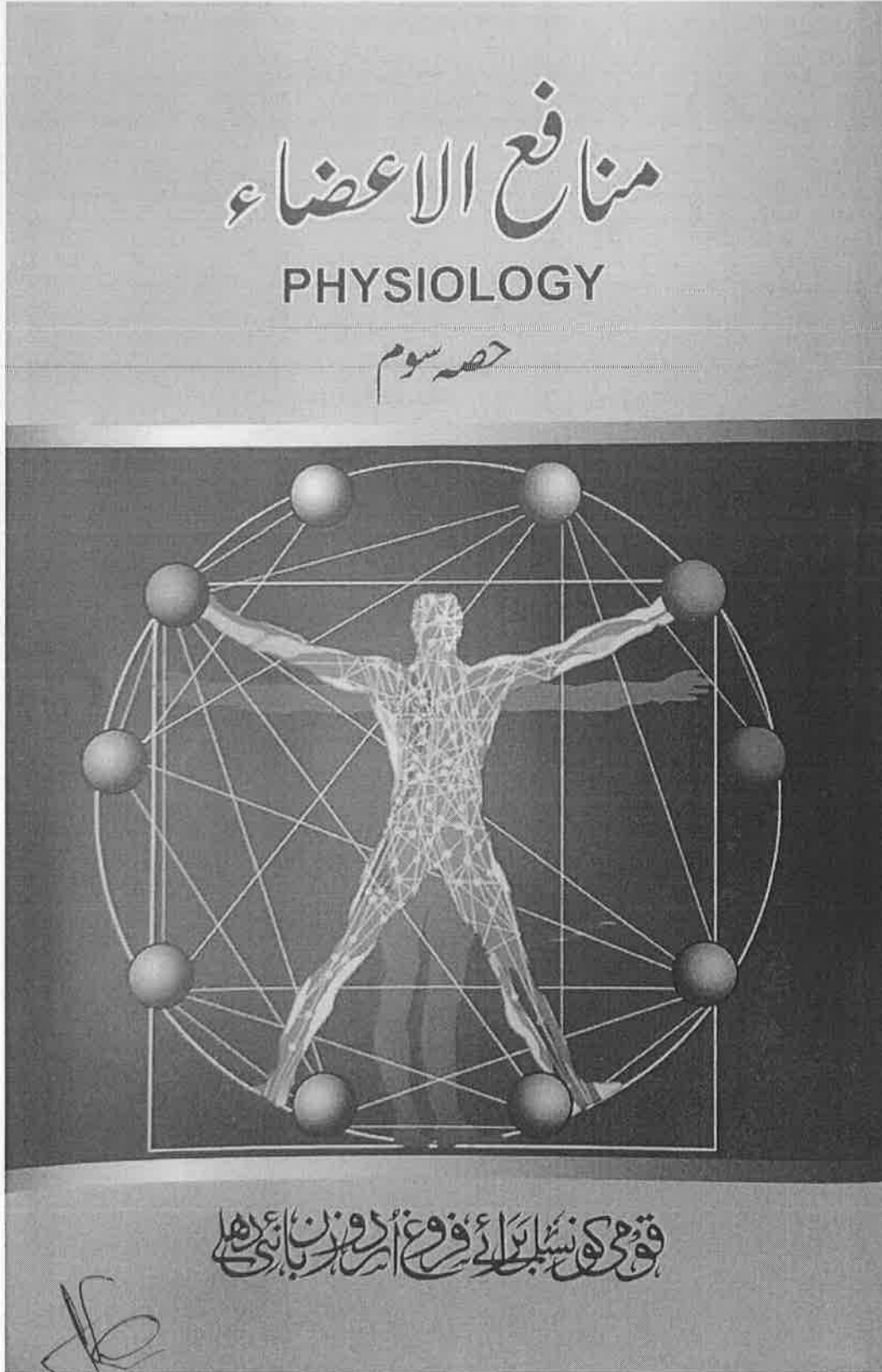
جسم میں ہونے والی استحالی تبدیلیوں کے نتیجہ میں جو فضلات بنتے ہیں ان کا جسم سے خارج ہونا اتنا ہی ضروری ہے جتنا کہ جسم میں غذائی رسد کا فراہم ہونا۔ نیز غذا کے ساتھ بہت سے کمی مادے اور فضلات بھی جسم میں بچھپتے رہتے ہیں جن کا اخراج بھی ضروری ہوتا ہے۔ علاوہ ازیں جسم میں بچھپنے والے پانی کا بھی جسم سے خارج ہونا ضروری ہوتا ہے۔ مندرجہ بالا مواد کے اخراج کا یہ عمل جسم کے متعدد ذرائع سے پورا ہوتا ہے۔

چنانچہ جسم سے خارج ہونے والے مادوں کی نوعیت کے اعتبار سے ان کے خارج ہونے کے ذرائع مخصوص ہوتے ہیں۔ تمام فراری اجزا اور گیسوں مثلاً الکوہل، کاربن ڈائی آکسائیڈ (CO₂) وغیرہ نظام تنفس کے ذریعہ؛ پانی میں حل پذیر مادے، غیر نمی نامیاتی مادے، بیشتر ادویات باؤیل خارج ہوتی ہیں؛ روغنی اجزاء، روغن میں حل پذیر مادے، کولسٹرول وغیرہ کا اخراج جلدی زمام (sebum) اور صفراء کے ہمراہ؛ مانی اور بعض یانی میں حل پذیر غیر نامیاتی مادے پسینہ کے

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1. Prof. Mohammad Zulkifle, Department. of Kulliyate Tib

51.A chapter "Nizam-i-Asab" (Nervous system) in the Munafe-ul-Aaza (Physiology), Qaumi Council Barae Farogh Urdu Zaban, (NCPUL), Vol. 3, 2016; ISBN:978-93-5160-144-9



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 اس کتاب کی چھپائی میں 70GSM, TNPL Maplitho کاغذ استعمال کیا گیا ہے۔

پروفیسر محمد رفیق

باب-3

نظام اعصاب

بنیادی طور پر نظام اعصاب دو اجزاء پر مشتمل ہوتا ہے۔

1- مرکزی نظام اعصاب

2- اطرافی نظام اعصاب

1- مرکزی نظام اعصاب (Central Nervous System)

مرکزی نظام اعصاب دماغ و نخاع پر مبنی ہوتا ہے۔ یہ دونوں اعضاء عصبی خلیات

(nerve cells) اور معاون انسجہ (neuroglia (supportive tissues) سے بنے ہوتے

ہیں۔ عصبی خلیات کے دو حصے ہوتے ہیں۔ ایک جسم جو کہ نیالے رنگ کا ہوتا ہے اور دوسرا زواند جو

کہ myelin کے خلاف کی وہبہ سے سفید رنگ کا نظر آتا ہے۔ اسی وہبہ سے دماغ و نخاع دو اجزاء

میں منقسم نظر آتے ہیں۔ ایک حصہ نیالا ہوتا ہے جس کو grey matter کہتے ہیں۔ یہ حصہ عصبی

خلیات کے اجسام و اس سے متصل زواند کے اجتماع سے تشکیل پاتا ہے جب کہ white

matter عصبی خلیات کے زواند سے بنتا ہے۔ دماغ و نخاع دونوں کے اطراف تین جھلیاں ہوتی

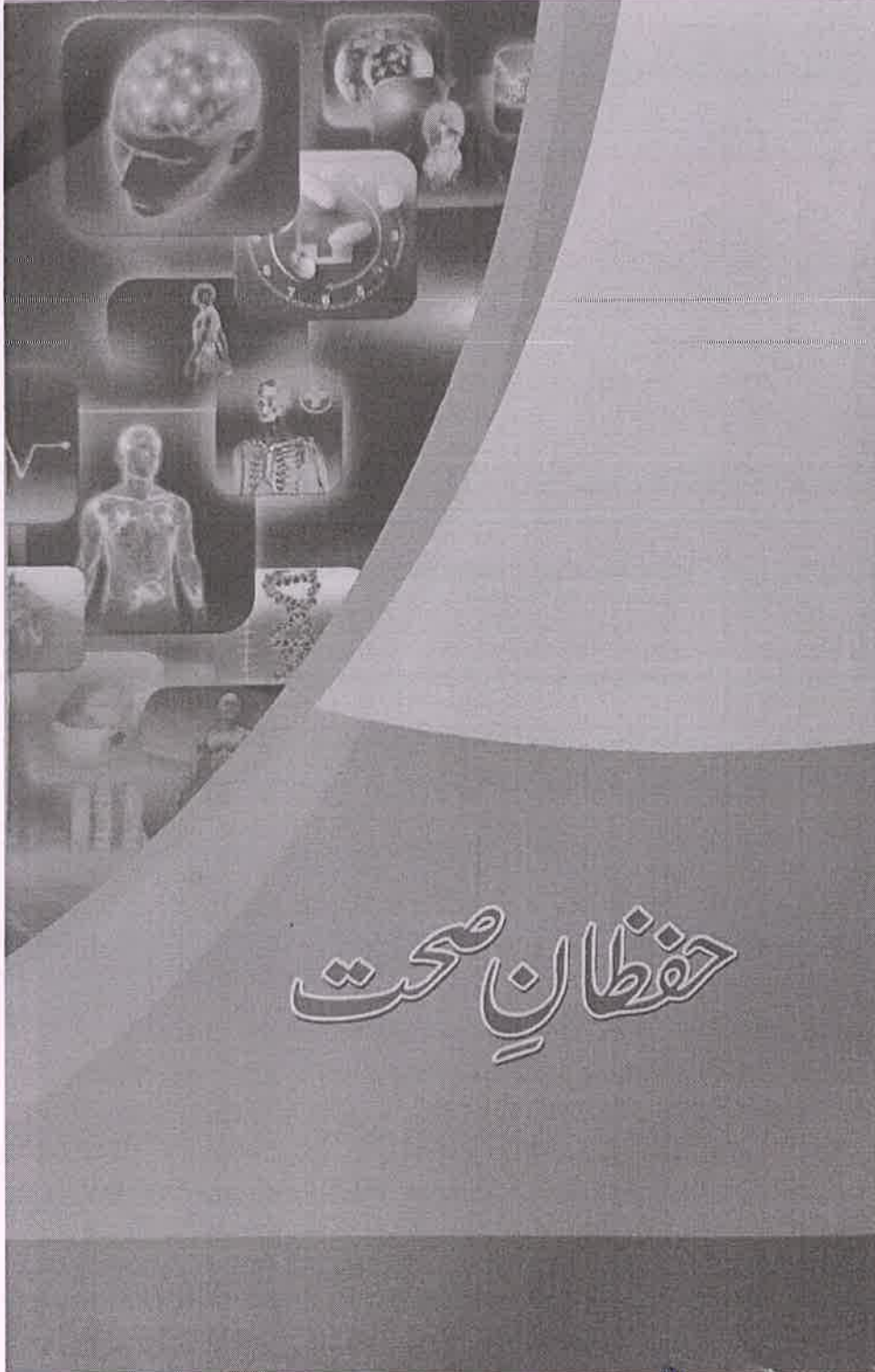
ہیں۔ pia matter ان اعضاء سے چسپاں ہوتی ہے۔ درمیانی جھلی کو arachnoid matter

کہتے ہیں۔ اندرونی اور درمیانی جھلیوں کے درمیانی خلا کو subarachnoid space کہتے



1. Prof. Mohammad Zulkifle, Department. of Kulliyate Tib

52. Four chapters "Amraz ba Zariya Hashrat (Arthropod borne diseases)", "Amraze Zahraviah [Jinsi Intiqali Amraz] (Sexually transmitted Infections)", "Daul Kalab (Rabies)", "Tadabir Makhsusa [Tadabir Hifzane Sehat] (special techniques for prevention)" in Book Hifzane Sehat, Qaumi Council Barae Farogh Urdu Zaban, (NCPUL), 2018; ISBN: 978-93-87510-49-4



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جسولہ، نئی دہلی 110025، فون نمبر: 49539000، فیکس: 49539099
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فیکس: 26108159 ای۔ میل: ncpulsaleunit@gmail.com
ای۔ میل: urducouncil@gmail.com، ویب سائٹ: www.urducouncil.nic.in
طابع: جے۔ کے۔ آفسیٹ پرنٹرز، بازار میٹیا محل، جامع مسجد، دہلی - 110006
اس کتاب کی چھپائی میں TNPL Maplitho 70GSM کاغذ استعمال کیا گیا ہے۔

339

غزوات

(iii) امراض بذریعہ حشرات (Arthropod Borne Diseases)

- 1۔ مچھر، بلیریا، واء، انفلو، دماغی بخار، جمی اعصر، ہڈی توڑ بخار۔
- 2۔ گھریا مکی، جمی معوی، اسہال، چیضہ، پولیو، حرب الجھن، التہاب، بلقہ مشیر، اینتھراکس،
- دیان، اسعار۔
- 3۔ ریت مکی، کالا آزار، اورینٹل زخم، ریت مکی بخار۔
- 4۔ سی بی مکی، مرض نوم
- 5۔ جون، ٹائیس، بڑی بخار، پیڈیکلوس
- 6۔ نو، طاعون (گھٹی دار)، ٹائیس، چکیروں
- 7۔ کالی مکی، اوکو سیاسس (Onchocerciasis)
- 8۔ کھل، چھاگا مرض
- 9۔ سخت تک، ٹائیس، جمی نو، مغیہ، کے ایف، ڈی، تک قانچ
- 10۔ نرم تک، کیو بخار
- 11۔ سائٹ، جرب
- 12۔ سائکلوپس، مرض گئی وارم

حشرات سے پیدا ہونے والے امراض کی اشاعت/ترسیل کا طریقہ
(Transmission of Arthropod Borne Disease)

- 1۔ اتصال بلا واسطہ (Direct contact)
- اس میں حشرات بذات خود مرض کا باعث بنتے ہیں اور ایک انسان سے مرض بلا واسطہ طور

حفظان صحت

514

محمد ذوالکفل

(v) امراض زہراویہ (جنسی انتقالی امراض) (Sexually Transmitted Infections)

یہ امراض کا ایک گروہ ہے جو مشترکہ طور پر جنسی اختلاط کے ذریعہ منتقل ہوتا ہے۔ ان امراض کے اسباب مختلف ہوا کرتے ہیں۔ یہ امراض تین قسم کی علامات کے ذریعہ ظاہر ہوتے ہیں۔

1- بھری بول کا سیلان

2- سیلان مہیل

3- اعضائے تناسل پر زخم

ان میں سے بعض کا علاج ممکن ہے جب کہ باقی کو صرف روکا جاسکتا ہے۔

بچھلی دود بانیوں میں ان امراض میں نمایاں تبدیلیاں ظاہر ہوئی ہیں۔ جن میں اول ان کا نام تبدیل ہوتا ہے۔ پہلے یہ گروہ امراض زہراویہ (Venereal Diseases) کہلاتا تھا لیکن اب ان کو Sexually transmitted Infections (STIs) کہا جاتا ہے۔ ابتداءً اس گروہ میں صرف پانچ امراض شامل تھے یعنی سوزاک (Gonorrhoea)، آتشک (Syphilis)، Chancroid، Lymphogranuloma venereum اور Donovanosis۔ لیکن اب اس گروہ میں 20 سے زائد امراض پیدا کرنے والے عوامل (Agents) شامل ہو چکے ہیں۔ آج کل ان امراض کے علاج کا طریقہ کار بھی تبدیل ہو چکا ہے۔ اب یقینی تشخیص کے بعد مخصوص علاج کے بجائے مختلف اسباب سے رونما ہونے والی مشترکہ علامات (Syndrome) کے علاج پر زور دیا جاتا ہے۔ یہ امراض پوری دنیا میں پائے جاتے ہیں لیکن مریضوں کی صحیح تعداد کا اندازہ لگانا ممکن نہیں۔ کیونکہ اول ان امراض کی ابلاغ (Reporting) ہی نہیں ہوتی۔ دوسرے مریض ان امراض کو پوشیدہ رکھنے میں عافیت محسوس

ذیشان محمد

536
(vi) متفرق امراض (Miscellaneous Diseases)
داء الكلب (Rabies)

داء الكلب بنیادی طور پر گوشت خور جانوروں کا مرض ہے۔ یہ مرض خاص طور پر کتوں میں ہوتا ہے اس لیے داء الكلب کہلاتا ہے۔ یہ مرض انسانوں میں حادثاتی طور پر پاگل کتے کے کانٹے یا چاٹنے سے منتقل ہوتا ہے۔ یہ شدید متعدی ویریوسی مرض ہے جو کہ مرکزی نظام اعصاب کو متاثر کرتا ہے۔ جس میں دماغ و نخاع میں حادثاتی کیفیت پیدا ہو جاتی ہے۔ اس مرض کی علامات میں طویل مدت حضانت، قلیل مدتی عوارضات و پانی سے خوف کھانا شامل ہیں۔ متاثرہ انسان میں موت یقینی ہوتی ہے جس کا سبب تنفسی عضلات کا استرخا ہوتا ہے۔ جس کی وجہ سے دم گھٹنے سے مریض کی موت ہو جاتی ہے۔ انسانوں میں اس مرض کو فزع الما (Hydrophobia) کہا جاتا ہے۔

اس مرض کے سلسلے میں سب سے پہلے Louis Pasteur نے تحقیق کی اور یوں دریافت کیا جسے اس نے 6 جولائی 1885 میں سب سے پہلے استعمال کیا۔ اسی مناسبت سے ہر سال 6 جولائی کو عالمی یوم نجات برائے داء الكلب (World Rabies Free Day) کے طور پر منایا جاتا ہے۔ آسٹریلیا و انٹارک ٹیکا کے علاوہ یہ مرض دنیا کے ہر براعظم میں پایا جاتا ہے۔ البتہ جاپان، ملیشیا، عمان، قطر، برطانیہ، اسپین و پرتگال میں یہ مرض نہیں پایا جاتا اسی لیے اس کی وقوع پذیری ان ممالک میں صفر ہے۔ اس مرض سے ہر سال دنیا میں تقریباً 50,000 اموات ہوتی ہیں۔ صرف ہندوستان میں تقریباً 30,000 اموات ہوتی ہیں اور تقریباً 3 ملین لوگ اس کا ہیکہ لگواتے ہیں۔

سبب مرض (Causative Agent)

اس مرض کے لیے ذمہ دار وائرس Lyssa virus type-I ہوتا ہے جو کہ Rhabdoviridae خاندان سے تعلق رکھتا ہے۔ اس کا جینی مادہ Ribonucleic acid (RNA) ہوا کرتا ہے۔ اس کی لمبائی و چوڑائی بالترتیب 120 اور 80 ملی مائیکرون ہوتی ہے۔ اس کے چاروں طرف فٹم کا غلاف ہوتا ہے جس سے 10mm سائز کے کانٹوں کی طرح کے زوائد ابھرے ہوتے ہیں۔ ان کو میخ (Spike) کہتے ہیں اور یہ Glycoprotein کے

میرزا انکظ

تدابیر مخصوصہ (تدابیر حفظانِ صحت) (Special Techniques for Prevention)

دعالم طب اس علم کو کہتے ہیں جس سے بدن انسان کے حالات بلحاظ صحت و مرض معلوم ہوتے ہیں۔ تاکہ صحت اگر حاصل (و موجود) ہے تو اس کی حفاظت (نگہداشت) کی جائے اور اگر وہ زائل ہو چکی ہو (یعنی مرض لاحق ہو چکا ہو) تو اسے واپس لانے (لوٹانے) کی کوشش کی جائے۔ (ابن سینا) طب کی تعریف سے دو نکات سامنے آتے ہیں۔

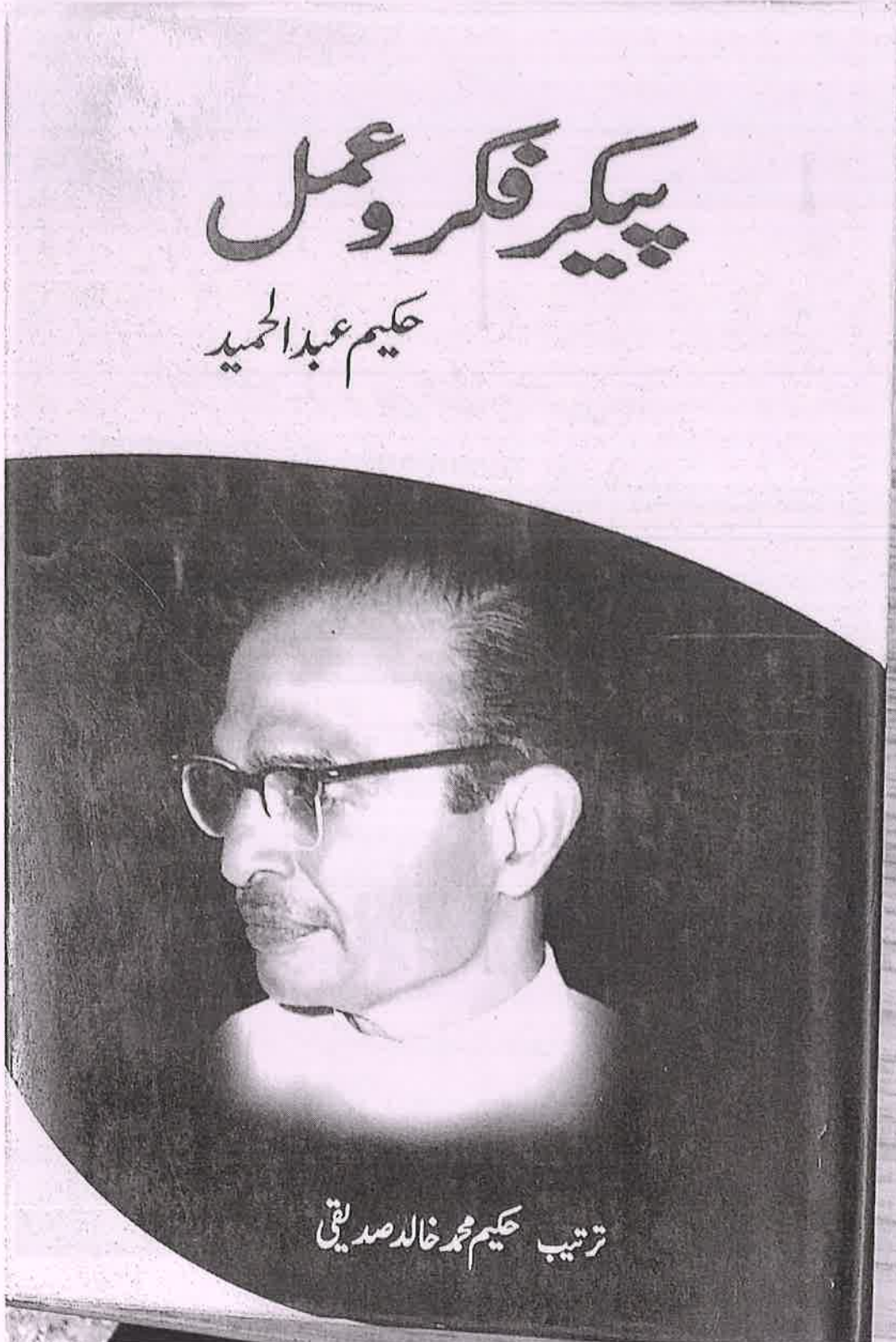
- 1۔ ایک تو یہ کہ علم طب کا موضوع محل بدن انسان ہے
 - 2۔ دوسری یہ کہ علم طب کی غرض و غایت بدن کو صحت مند رکھنا ہے۔
- راج قول کی بنیاد پر بدن انسان کی دو حالتیں ہوتی ہیں۔
- (الف) حالت صحت (ب) حالت مرض۔

حالت صحت کی برقراری حفظانِ صحت پر ہے جب کہ حالت مرض سے چھٹکارہ پانے کے لیے علاج کی طرف رجوع کیا جاتا ہے۔ گویا علم طب میں حفظانِ صحت کو اولین مرتبہ حاصل ہے۔

حفظانِ صحت کا دار و مدار اور انحصار اس بات پر ہوتا ہے کہ روزمرہ کے معمولات یعنی اسباب سے ضروریہ میں توازن رکھا جائے مثلاً ماکول و مشروب، حرکت و سکون، نیند و بیداری وغیرہ

2. Dr. Wasim Ahmad, Department. of Kulliyate Tib

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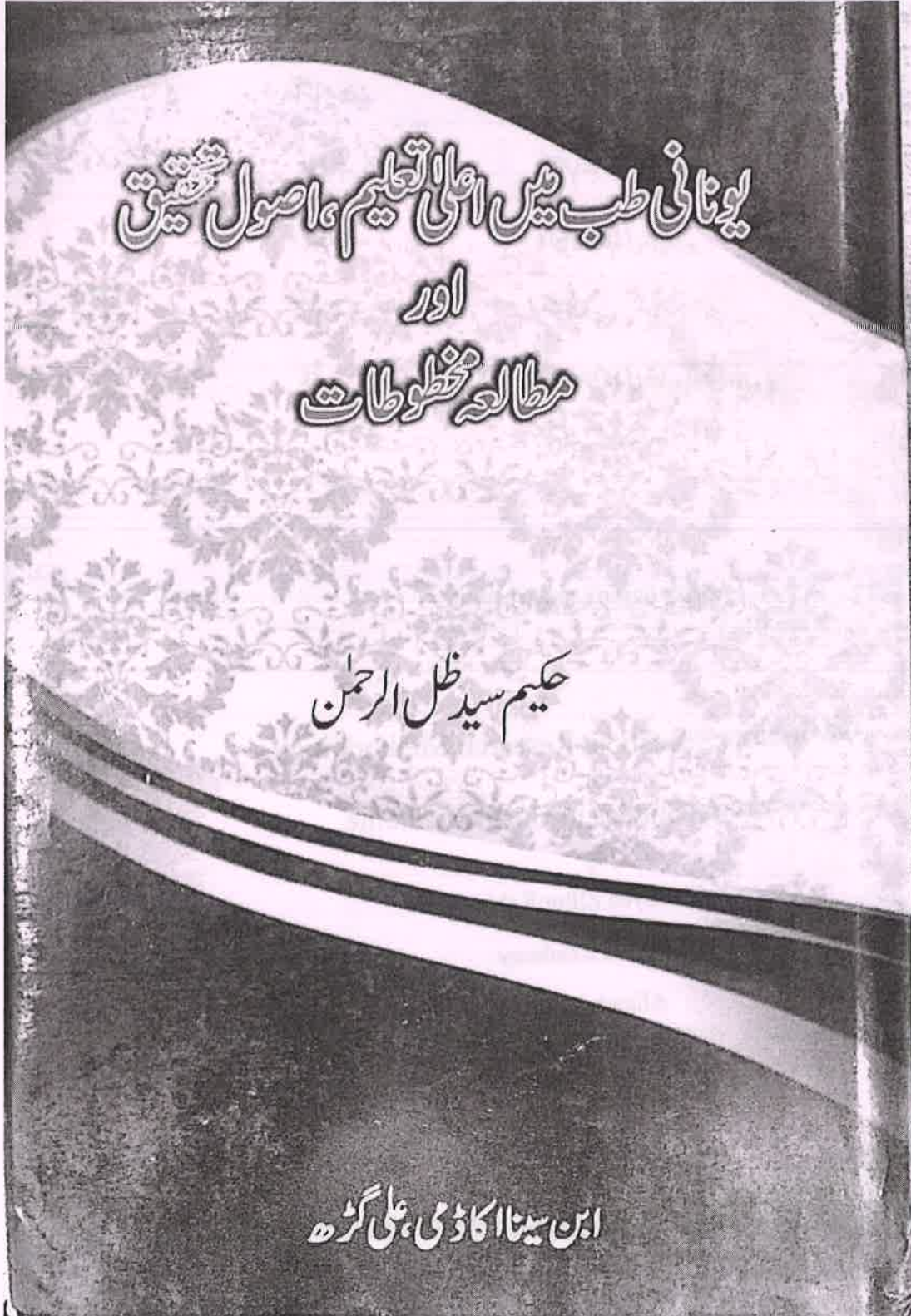
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۲۲۱	حکیم وسیم احمد اعظمی	نقش پائیں ہے تب گرمی رفتار ہنوز
۲۲۵	حکیم سید محمد حسان نگرانی	صبر و استقلال کے پیکر — حکیم عبدالحمید
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۲۳۱	حکیم ظل الرحمن	حکیم عبدالحمید مرحوم
۲۵۹	فرحت احساس	ایک طرف چپ چاپ تعمیر
۲۶۳	پروفیسر حکیم مشکور احمد	حکیم عبدالحمید — شخصیت اور کارہائے نمایاں
۲۷۱	حکیم اشرف قدیر	طب یونانی کا قائد ثانی — حکیم عبدالحمید
۲۹۳	حکیم مقبول احمد خاں ندوی	درودیش وقت حکیم عبدالحمید
۲۹۷	حکیم محمد صہیب قریشی	حکیم عبدالحمید — وجود خاکی صفات ملکوتی
۳۰۳	حکیم وسیم احمد	حکیم عبدالحمید کے سوانحی مآخذ
۳۲۷	حکیم فخر عالم	حکیم عبدالحمید — افکار و نظریات
۳۵۷	حکیم احمد سعید	تہذیبی شناخت اور حکیم عبدالحمید دہلوی
۳۹۳	حکیم بلال احمد	حکیم عبدالحمید کے تعلیمی افکار: ایک تجزیاتی مطالعہ
۴۰۹	حکیم امان اللہ	سخت باشد امتحان عاشقان
۴۱۵	حکیم محمد فضیل	حکیم عبدالحمید اور طبی علمی ورثہ کا تحفظ
۴۱۹	حکیم نازش احتشام اعظمی	حکیم عبدالحمید اور طبی مسائل
۴۲۷		حکیم عبدالحمید تصویروں کے آئینے میں

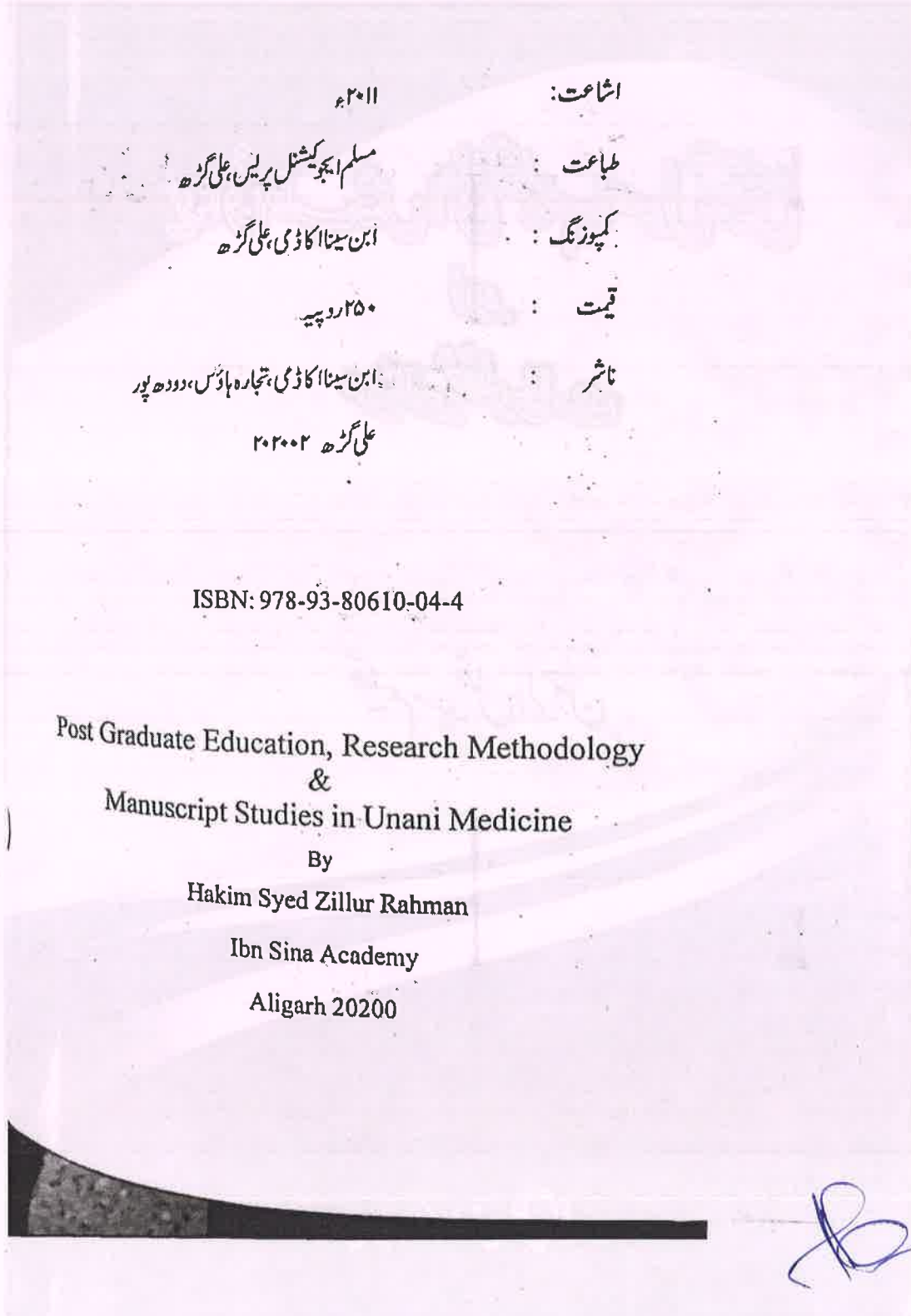
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10



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فہرست

الف	پروفیسر حکیم سید گل الرحمن	تقدمہ
۱	پروفیسر حکیم سید گل الرحمن	طبی تحقیق میں قدیم ذخائر کے مطالعہ کی اہمیت
۶	پروفیسر کنور محمد یوسف امین	طب میں کس قدر اور کس قسم کی ریسرچ درکار ہے
۱۷	حکیم خورشید احمد شفقت اعظمی	طب یونانی میں ریسرچ و تحقیق - پیش منظر - پیش منظر
۲۷	پروفیسر سعد عثمانی و ڈاکٹر محمد سرور	کلیات طب کے تدریسی مسائل اور ان کا حل
۳۲	حکیم وسیم احمد اعظمی	تدوین متن کے عملی مسائل - طبی مخطوطات کے حوالہ سے
۴۱	ڈاکٹر روبی انجم و حکیم عبدالباری	مصری طب میں بروی نوشتوں کی اہمیت
۴۸	ڈاکٹر وسیم احمد	حاضر - ایک مطالعہ
۶۰	حکیم شمیم ارشاد اعظمی	طبی ادبیات کی تحقیق میں مخطوطات کے مطالعہ کی اہمیت
۷۱	ڈاکٹر عبدالرؤف و ڈاکٹر عبداللطیف	ہندی عہد کی قرابادین اور ان کا مختصر تعارف
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حكيم فخر عالم



الحكمه فاؤنڊيشن

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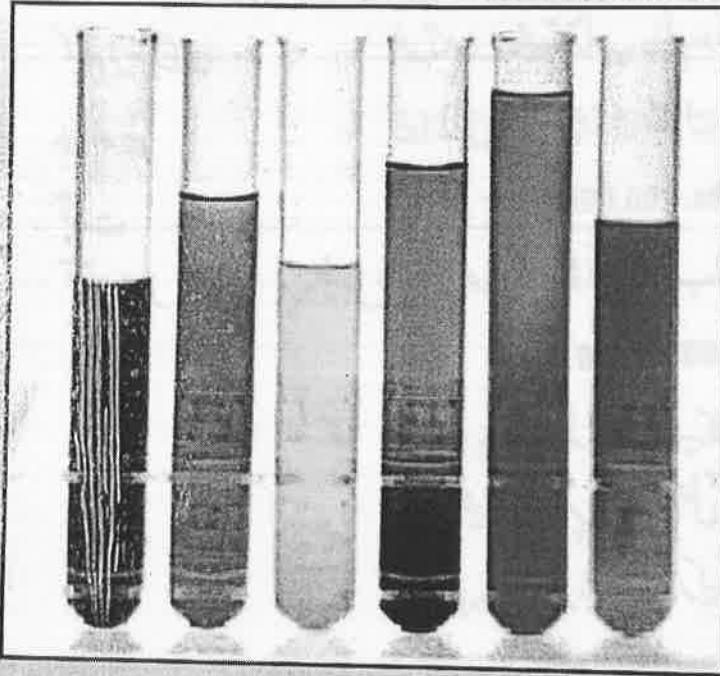
	ڈاکٹر غفران احمد	پروفیسر حکیم محمد طیب	۲۱
۱۱۵	پروفیسر حکیم جلیس احمد	حضرت الاستاذ حکیم محمد طیب صاحب	۲۲
۱۱۶	ڈاکٹر محمد رضی الاسلام ندوی	حکیم محمد طیب کا طریقہ تدریس	۲۳
۱۱۷	پروفیسر حکیم عبدالودود	پروفیسر حکیم محمد طیب بحیثیت ایک استاذ	۲۴
۱۱۸	حکیم خورشید احمد شفقت اعظمی	استاذ الاساتذہ پروفیسر حکیم محمد طیب مرحوم	۲۵
۱۲۲	پروفیسر حکیم سید مودود اشرف	پروفیسر حکیم محمد طیب صاحب۔ یادیں اور تاثرات	۲۶
۱۲۹	طیبیہ ام الفضل	حکیم محمد طیب صاحب سے ہمارے مراسم	۲۷
۱۳۳	پروفیسر حکیم سعد عثمانی	پروفیسر حکیم محمد طیب۔ یادوں کے حصار میں	۲۸
۱۳۸	حکیم سید غلام مہدی راز	آہ! حکیم محمد طیب	۲۹
۱۴۳	پروفیسر ابو بکر خاں	ایک جامع اوصاف و کمالات شخصیت	۳۰
۱۵۳	پروفیسر افتخار الحسن زیدی	حکیم محمد طیب۔ یونانی طب کی ایک عمق پرکھی شخصیت	۳۱
۱۵۶	پروفیسر تاج الدین	حکیم محمد طیب صاحب	۳۲
۱۶۲	حکیم اشہر قدیر	حکیم محمد طیب۔ اپنی شرائط پر زندگی گزارنے والا ایک انسان	۳۳
۱۶۶	ڈاکٹر خادو ہاشمی	پروفیسر حکیم محمد طیب۔ ایک طبی دانشور	۳۴
۱۷۶	ڈاکٹر شارق علی خاں	حکیم محمد طیب صاحب اور آرا آئی یو ایم، علی گڑھ	۳۵
۱۸۱	حکیم شمس الآفاق	پروفیسر حکیم محمد طیب۔ بیکر علم و عمل	۳۶
۱۸۵	حکیم ظل الرحمن	حکیم محمد طیب	۳۷
۱۸۹	پروفیسر منصور احمد صدیقی	باتیں ایک منفرد انسان کی	۳۸
۱۹۲	ڈاکٹر وسیم احمد اور ڈاکٹر بدر الدین خاں	کتاب العشر مقالات فی العین۔ ایک تجزیاتی مطالعہ	۳۹
۱۹۵	حکیم شمیم ارشاد اعظمی	حکیم محمد طیب صاحب	۴۰
۱۹۹	حکیم اقبال احمد قاسمی	استاذی پروفیسر حکیم محمد طیب صاحب۔ احوال و آثار	۴۱
۲۰۲	پروفیسر مشتاق احمد	Reminiscence of My Association with Prof. Hakeem Mohammad Taiyab	۴۲

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56. Tibb Amlī, A& U Tibbiya College Karol Bagh, New Delhi, 2014

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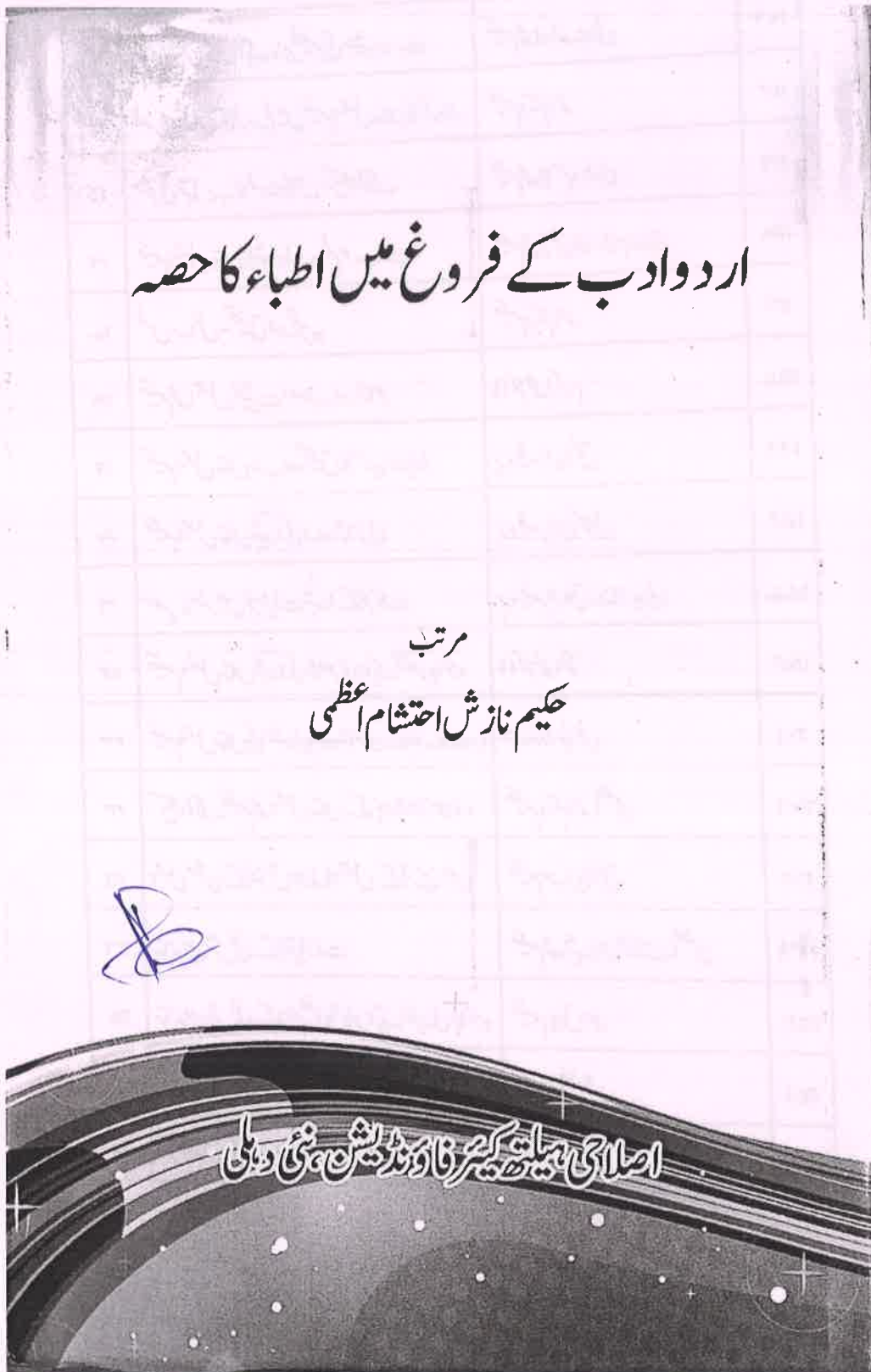
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۱۰۶	حکیم محمد ارشد جمال	حکیم اجمل خاں ایک ماہر تعلیم کی حیثیت سے	۱۳
۱۱۳	حکیم وسیم احمد	عصری علوم کے فروغ میں حکیم اجمل خاں کا کردار	۱۴
۱۱۹	حکیم محمد قاسم دہلوی	مشرقی تہذیب کا نمونہ کامل: مسیح الملک	۱۵
۱۲۸	حکیم محمد رضی الاسلام ندوی	حکیم اجمل خاں کا تعارف عالم عرب میں	۱۶
۱۳۱	حکیم وسیم احمد	فلسفہ مسائل - تحقیق اور تجزیہ	۱۷
۱۵۷	ڈاکٹر محمد اکرم	حکیم محمد اجمل بحیثیت مصنف اور شاعر	۱۸
۱۶۶	پروفیسر عبدالحق	حکیم اجمل خاں طب اور تخلیق کا حسن ارتباط	۱۹
۱۷۲	پروفیسر ابن کنول	حکیم اجمل خاں شیدا کی اردو شاعری	۲۰
۱۷۷	پروفیسر عراق رضا زیدی	عصر حاضر میں غزلیات شیدا کے محرکات	۲۱
۱۸۳	ڈاکٹر محمد اختر	حکیم اجمل خاں شیدا کی شاعری: ایک مختصر جائزہ	۲۲
۲۰۱	شاہ نواز فیاض	حکیم اجمل خاں کی سنخوری (اردو شاعری کے حوالے سے)	۲۳
۲۰۶	حکیم وسیم احمد اعظمی	مسیح الملک حکیم محمد اجمل خاں کے چند ممتاز تلامذہ	۲۴
۲۱۸	حکیم معراج الحق	اجملی مشن کے نقوش تلامذہ اجمل کے آئینے میں	۲۵
۲۳۹	حکیم خورشید احمد شفقت اعظمی	خاندان شریفی کے امتیازات	۲۶
۲۵۲	حکیم بلال احمد	خاندان شریفی کے اہم علمی آثار: ایک تنقیدی جائزہ	۲۷
۲۷۱	حکیم محمد فضیل	حکیم محمد کبیر الدین: حیات و شخصیت اور ترجمہ نگاری	۲۸
۲۷۹	حکیم اسامہ اکرم	مسیح الملک کی فکری توسیع میں حکیم محمد کبیر الدین کا حصہ	۲۹

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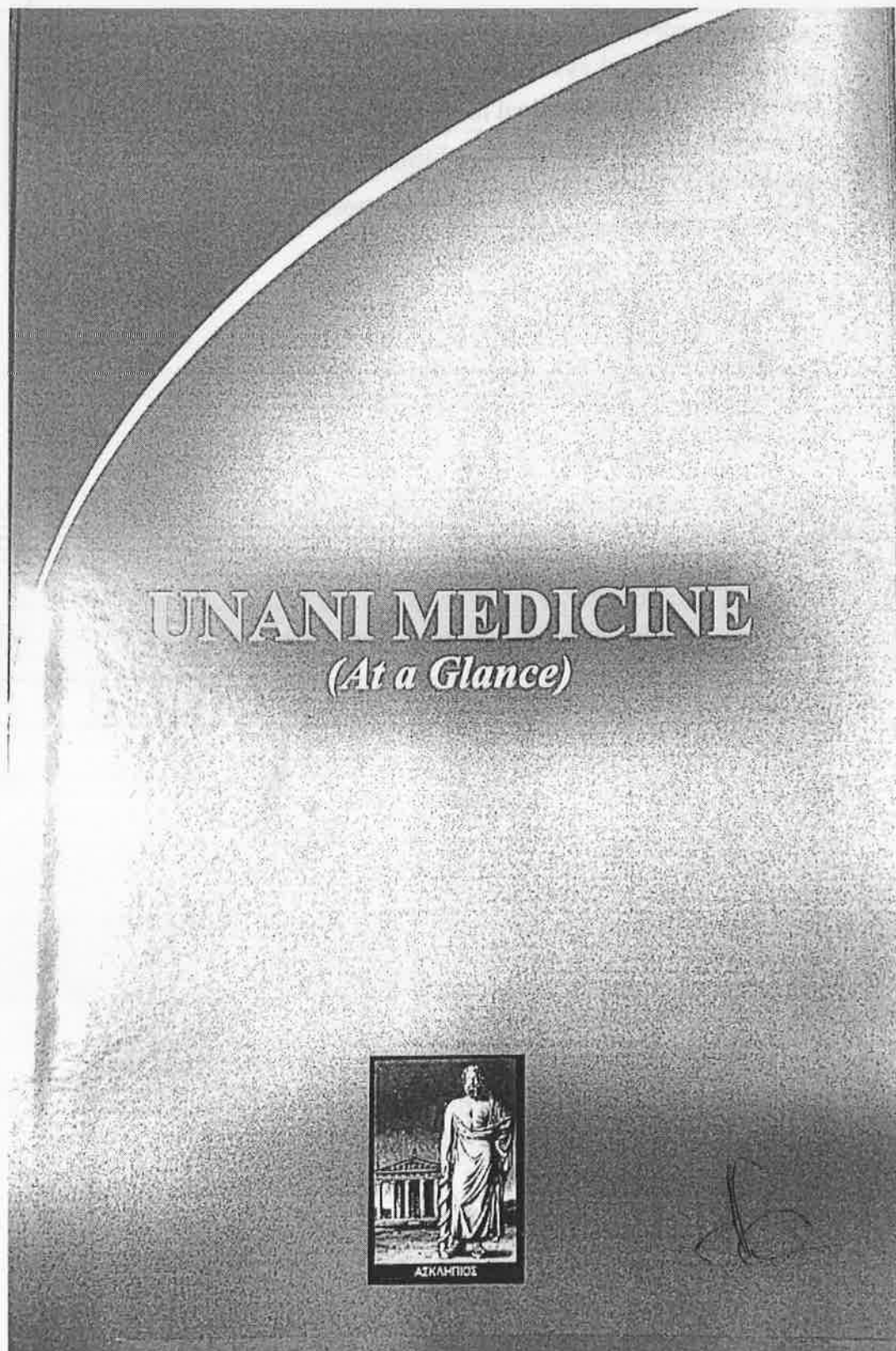
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153	حکیم محمد عارف اصلاحی	حکیم عزیز الرحمن اعظمی ایک ہمہ جہت شخصیت
158	ڈاکٹر محمد فضیل	بحر و روح سلطان پوری: طبیب نہیں، شاعر
167	ڈاکٹر محمد ارشد	اردو کی طبی صحافت جہاں طب کے اداروں کے حوالے سے
174	ڈاکٹر فیاض حمید (علیگ)	اردو زبان کی ترویج و اشاعت میں چند طبیب شعراء کا کردار
198	حکیم فخر عالم	حکیم سید غلام مہدی راز
207	ڈاکٹر محمد اکرم السلام اعظمی	مومن کے ادبی مآثر
216	حکیم تازش احتشام اعظمی	کاغ بلندہ — ایک مطالعہ
224	ڈاکٹر اورنگ زیب اعظمی	علامہ فیض الحسن سہارنپوری بحیثیت طبیب اردو شاعر (ان کے دیوان "مکرم فیض" کی روشنی میں)
231	ڈاکٹر وسیم احمد	حکیم مظہر سبحان عثمانی فن اور شخصیت
242	ڈاکٹر شمیم ارشاد اعظمی	حکیم نجم الغنی نجفی اور ان کی بحر انصاحت
251	ڈاکٹر جاوید احمد	حکیم محمد اعظم خان: بحیثیت شاعر
258	فضل الرحمان اصلاحی	حکیم محمد سعید بچوں کے ہمہ دروادیب
270	اسعد فیصل فاروقی	طبی صحافت کے ذریعہ فروغ اردو موجودہ طبی رسائل و جرائد کے حوالے سے
289	شاہ نواز فیاض	جلال لکنوی: حیات و خدمات
301	عائشہ پروین	مولانا حکیم سید عبدالحی کا سفر نامہ دہلی اور اس کے اطراف: ایک مطالعہ
314	زہیرہ نیرہ	ناطق اعظمی کے کلام میں طبی اصطلاحات

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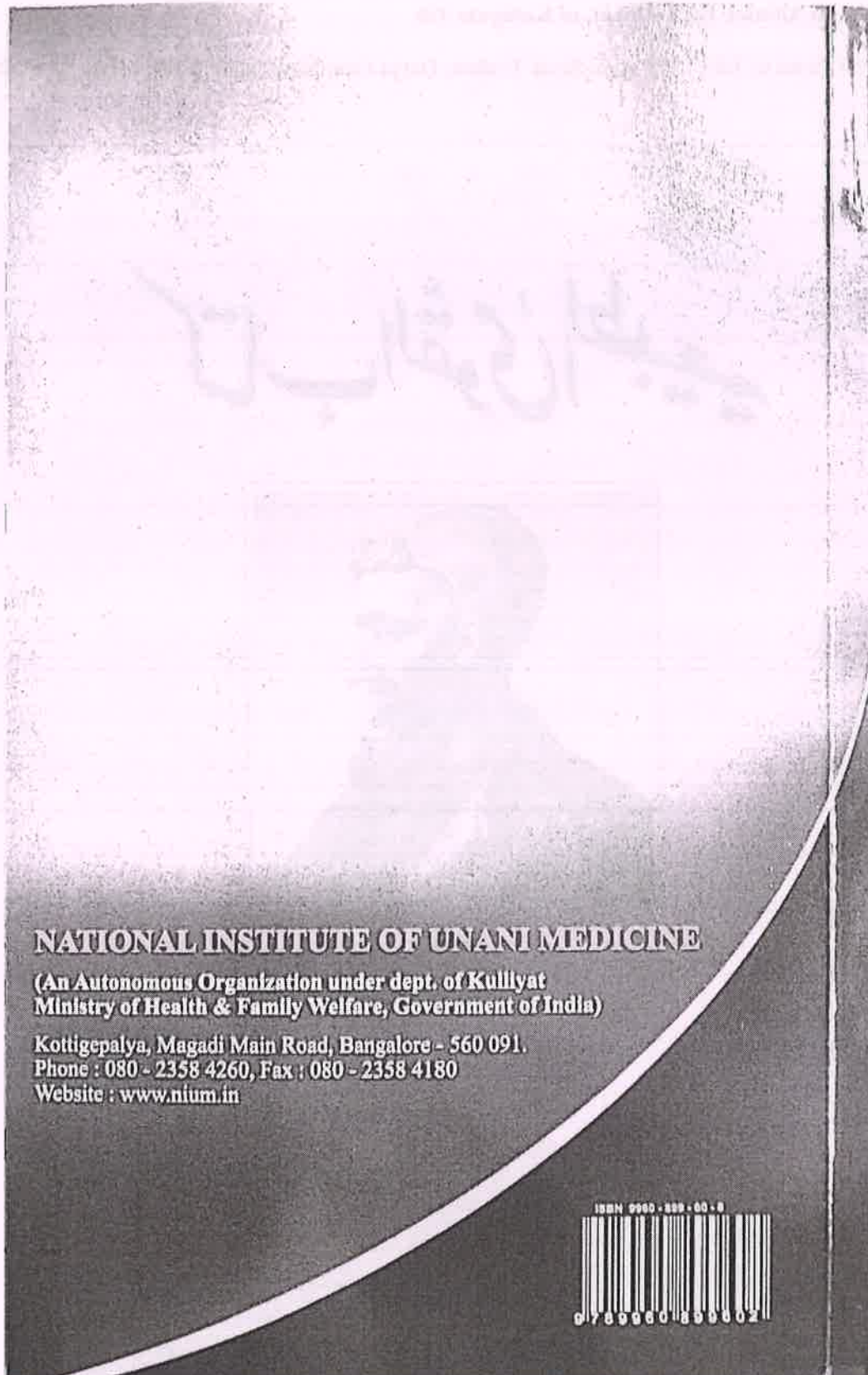
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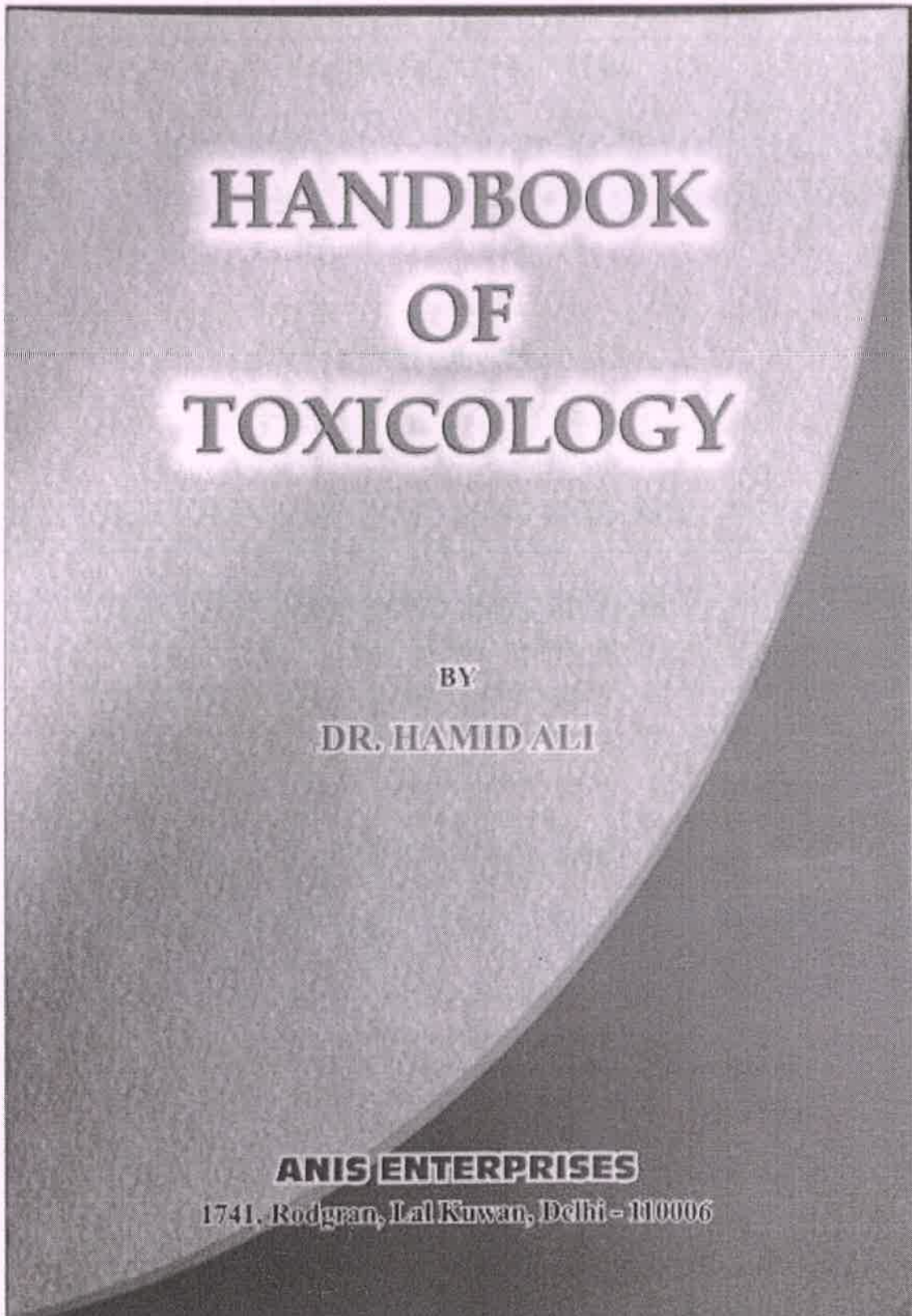
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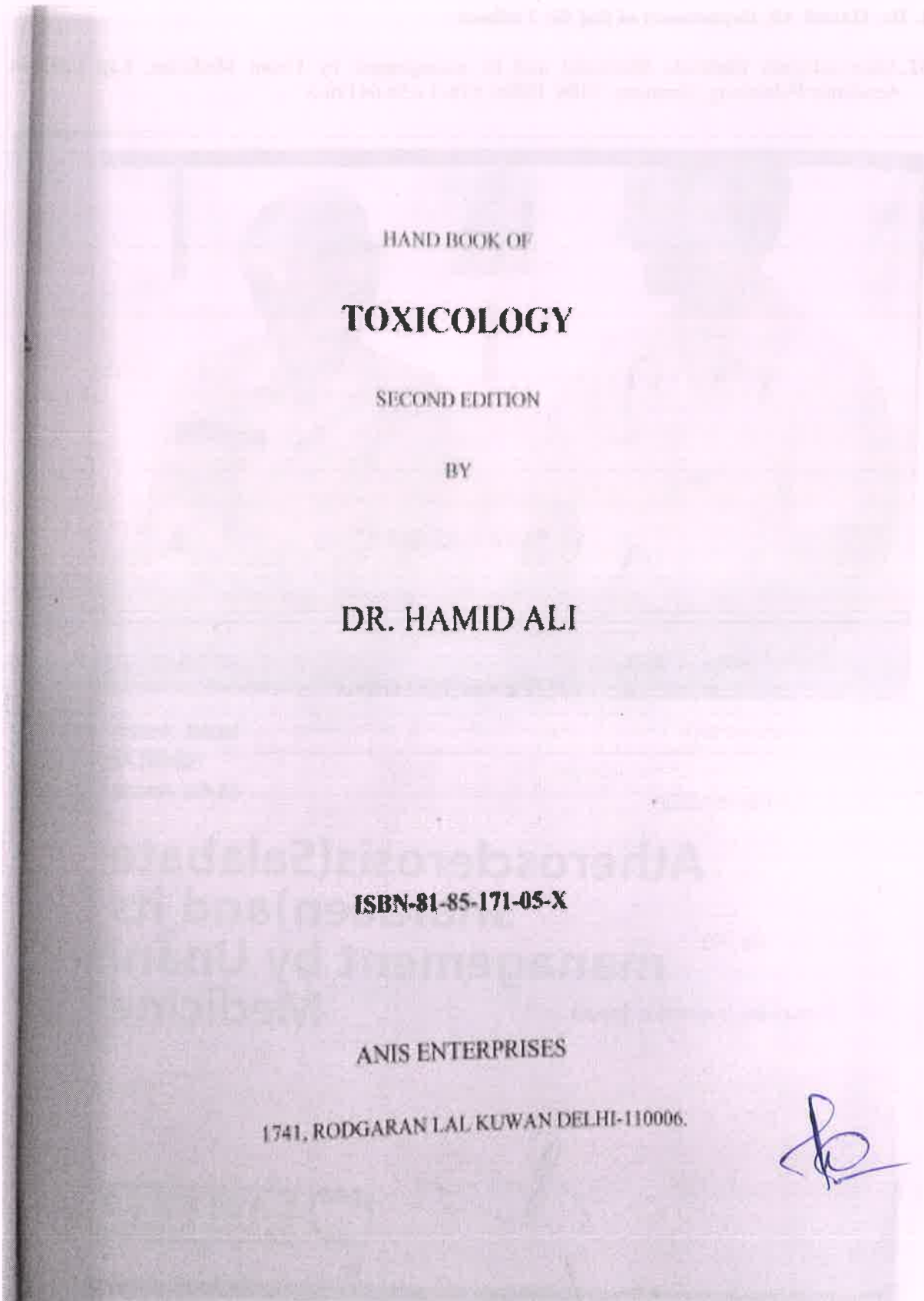
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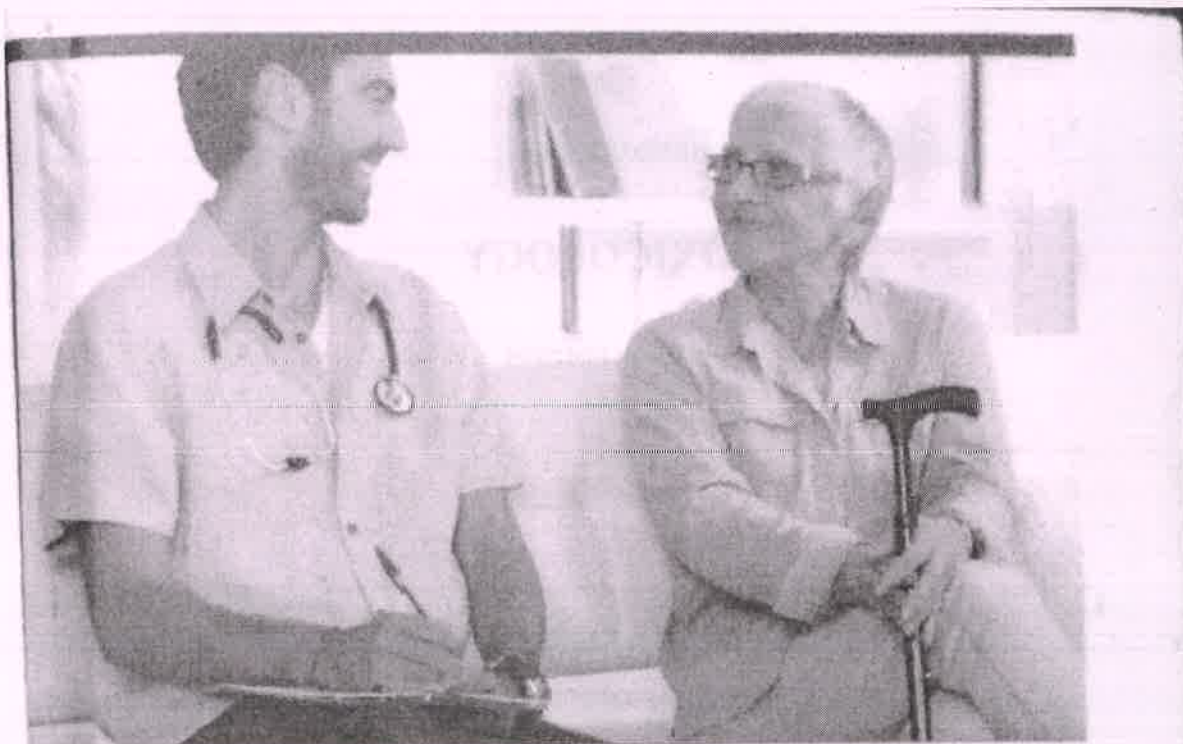
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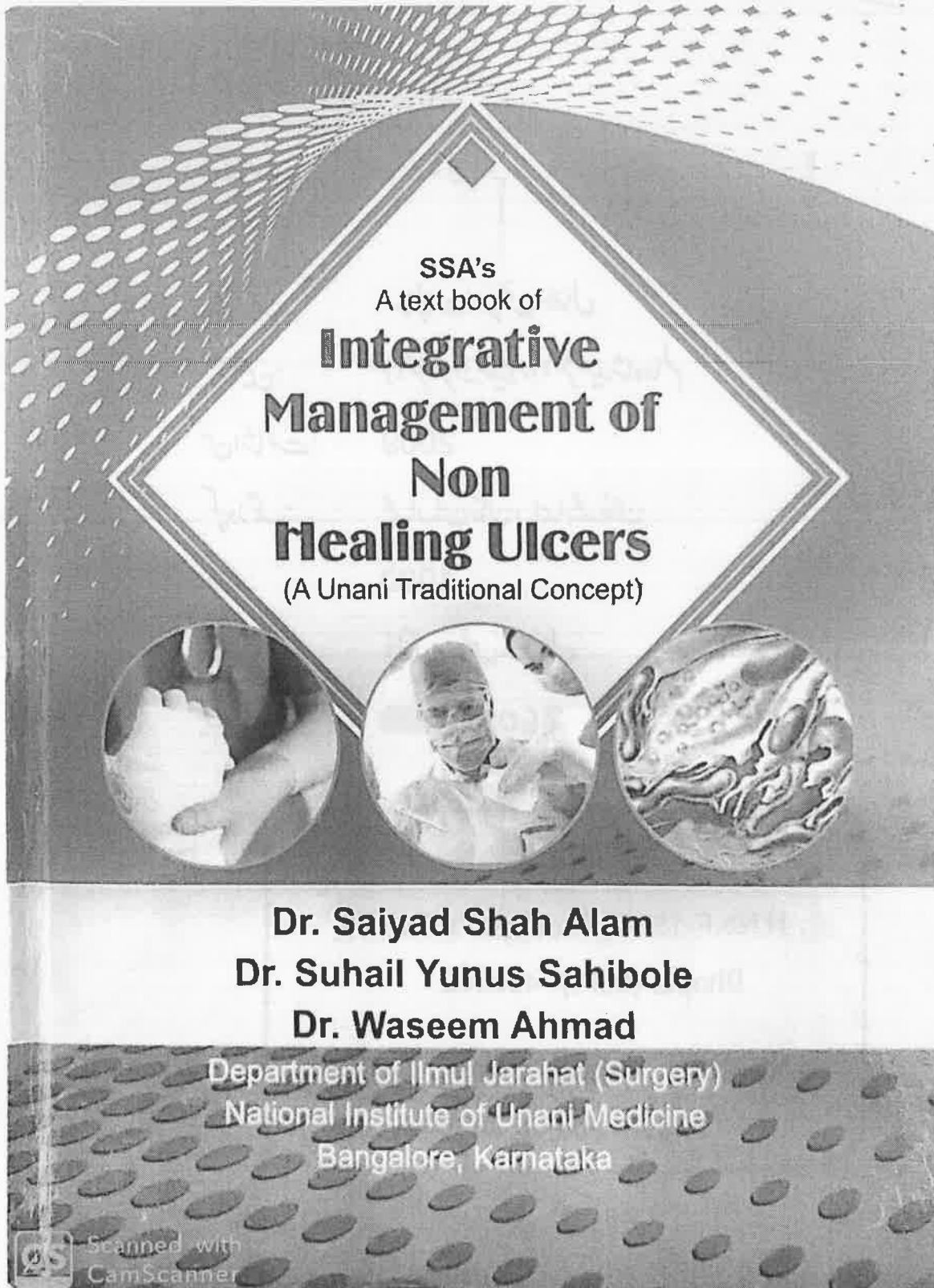
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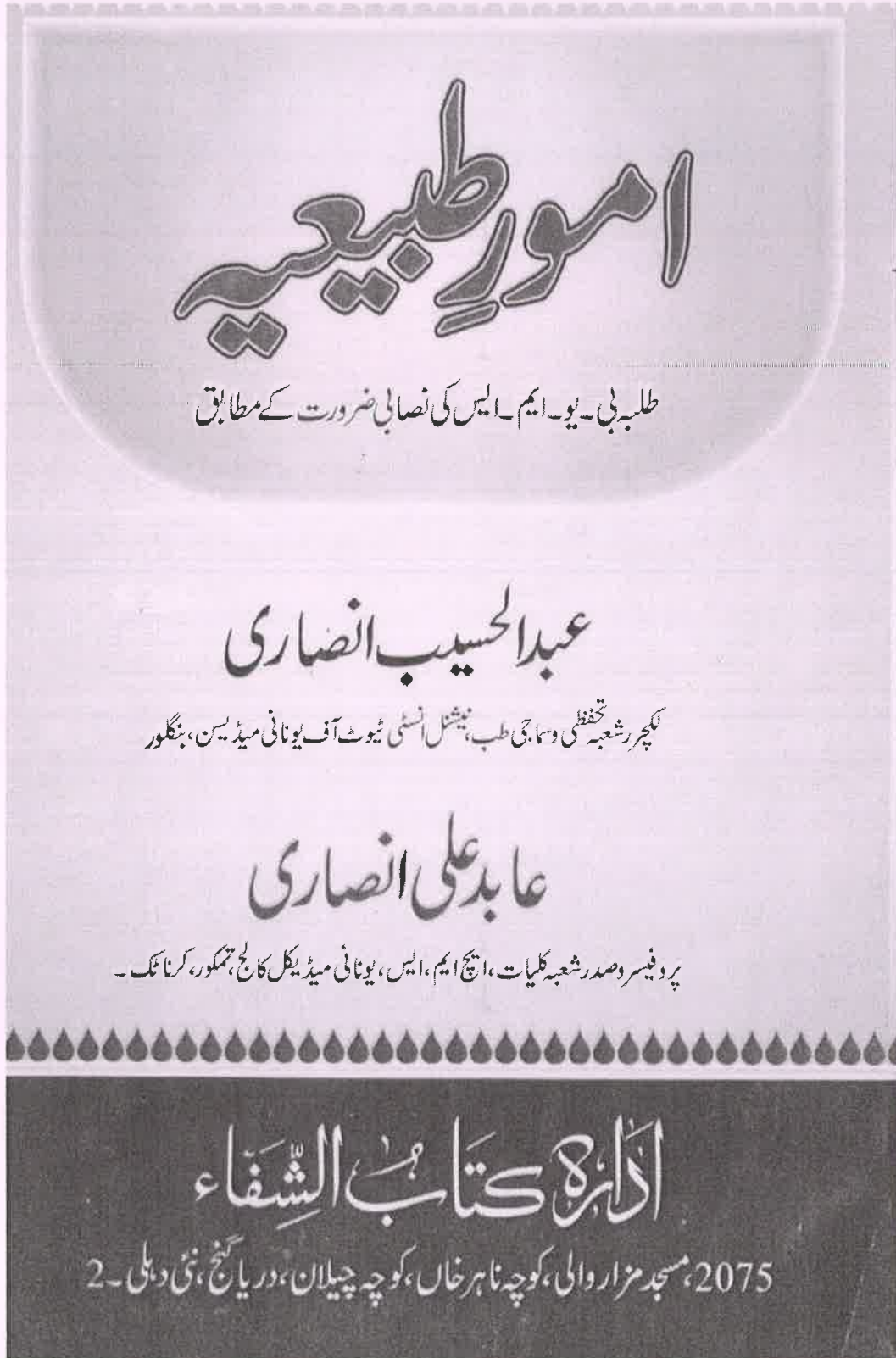
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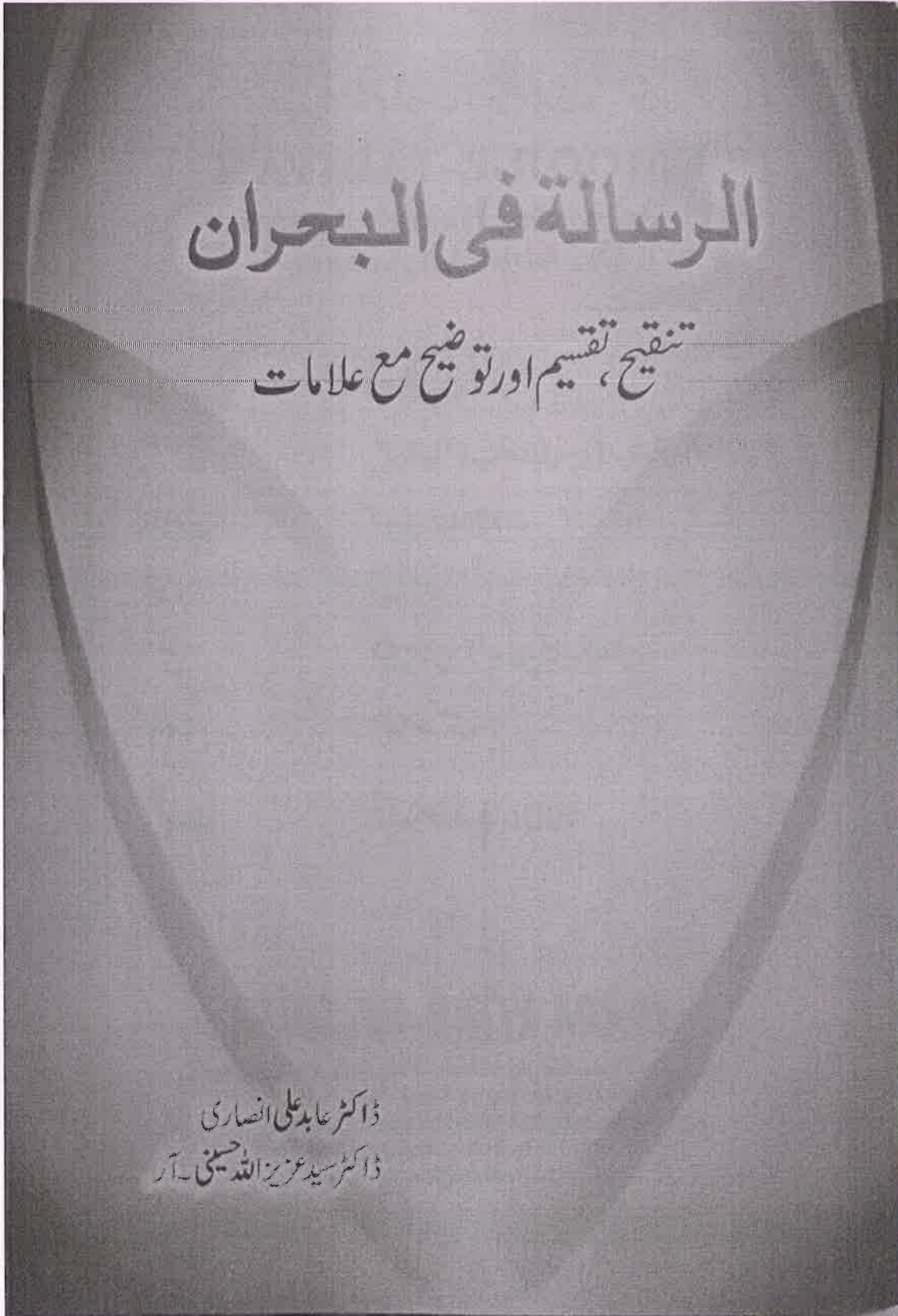
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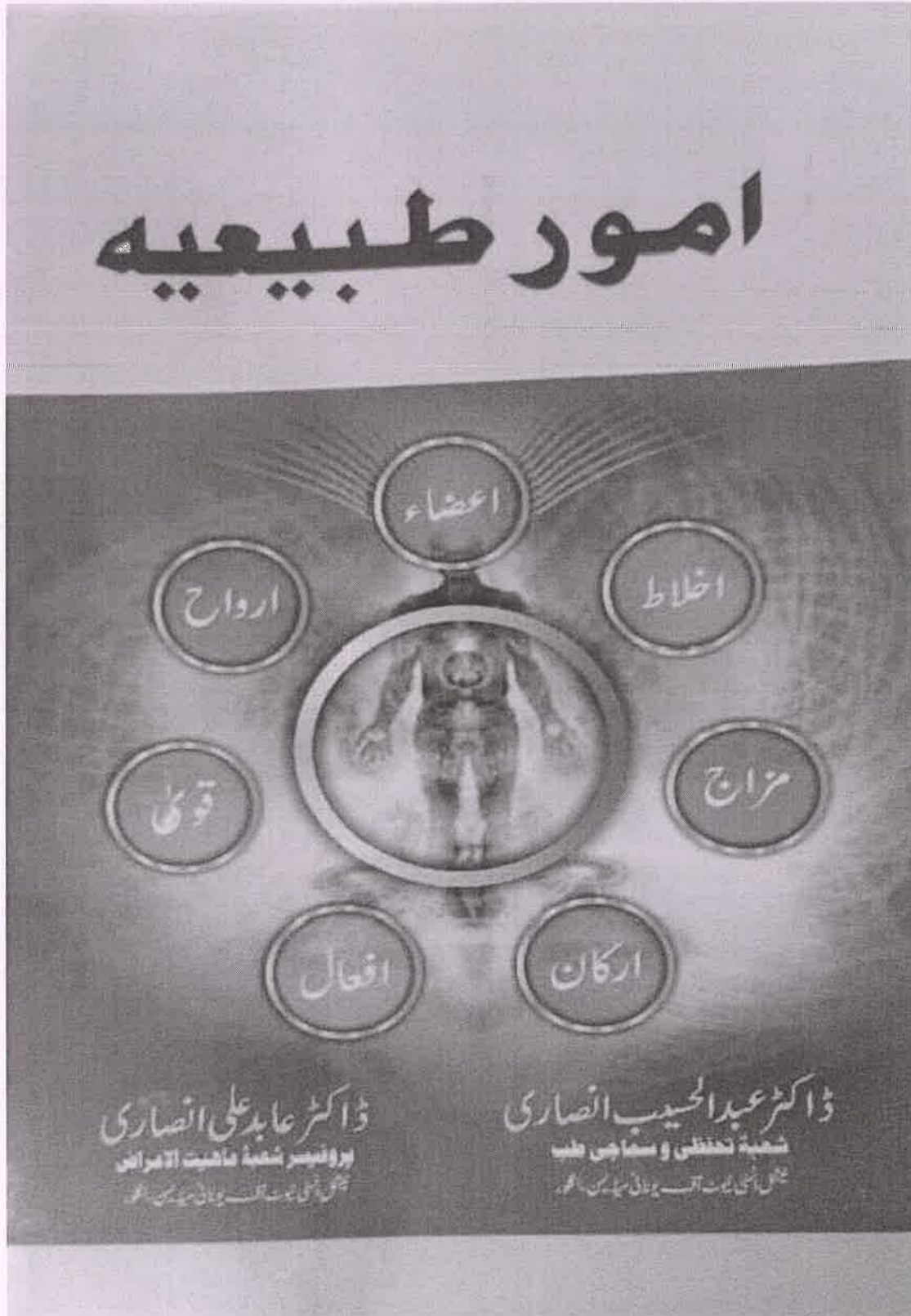
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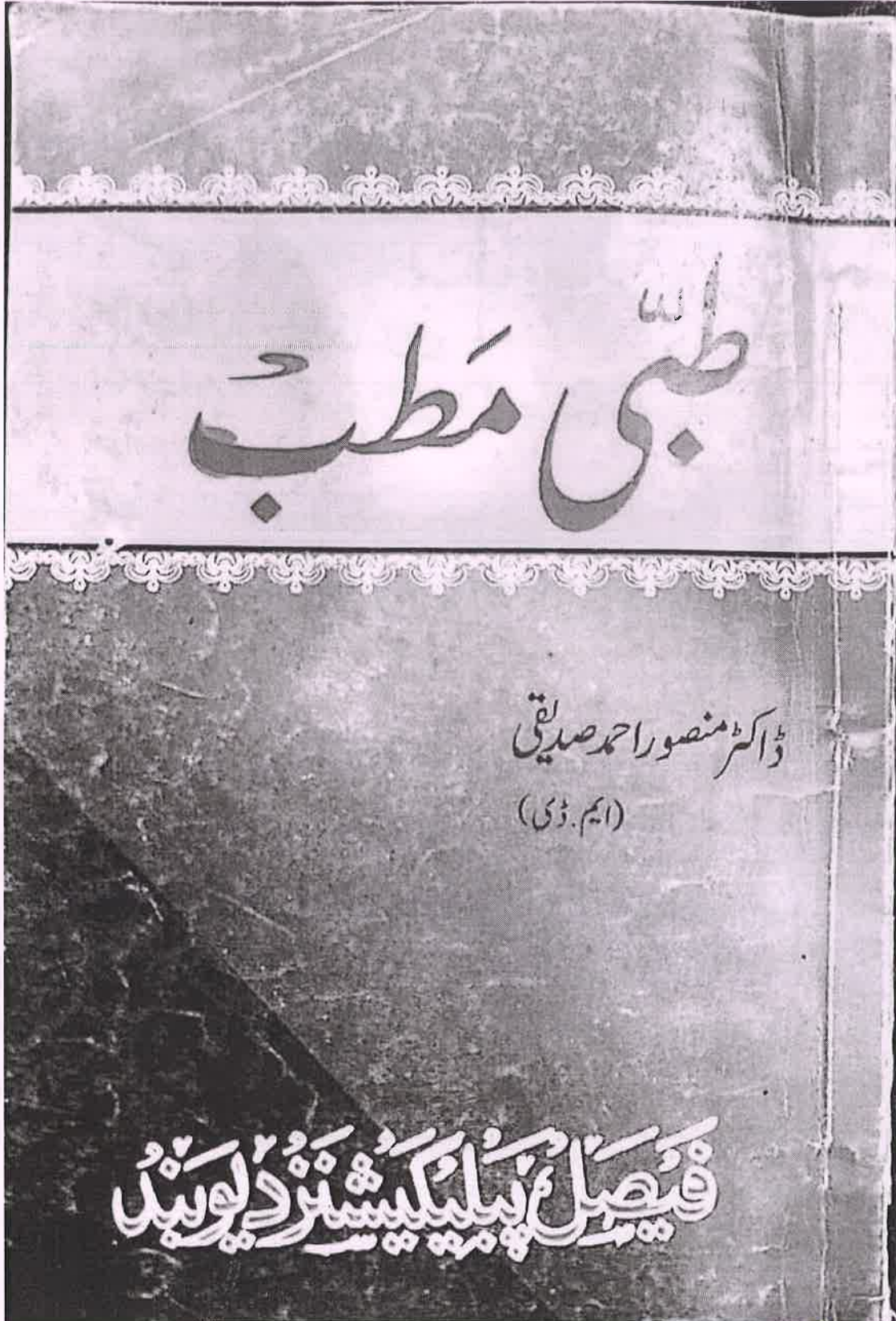
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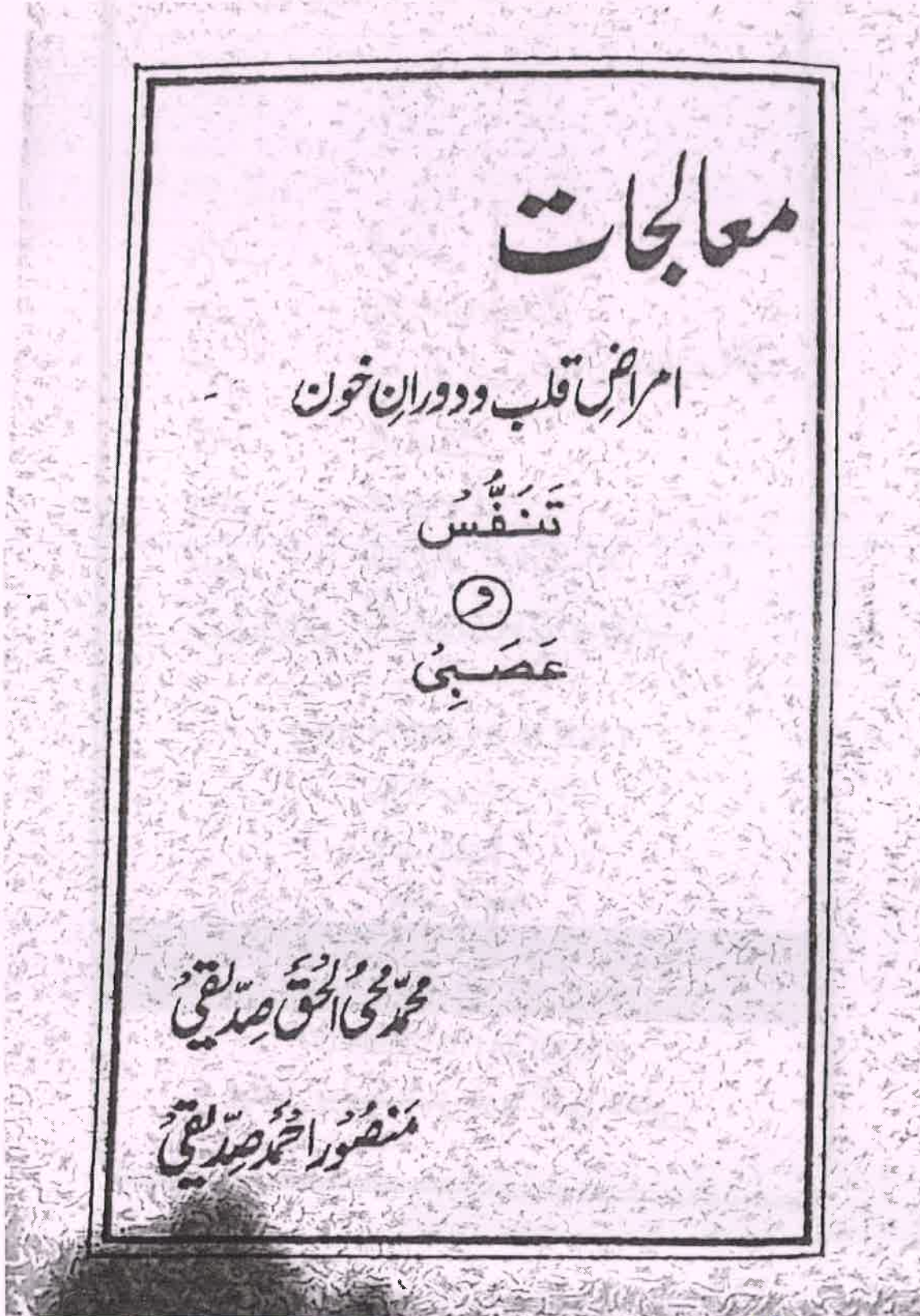
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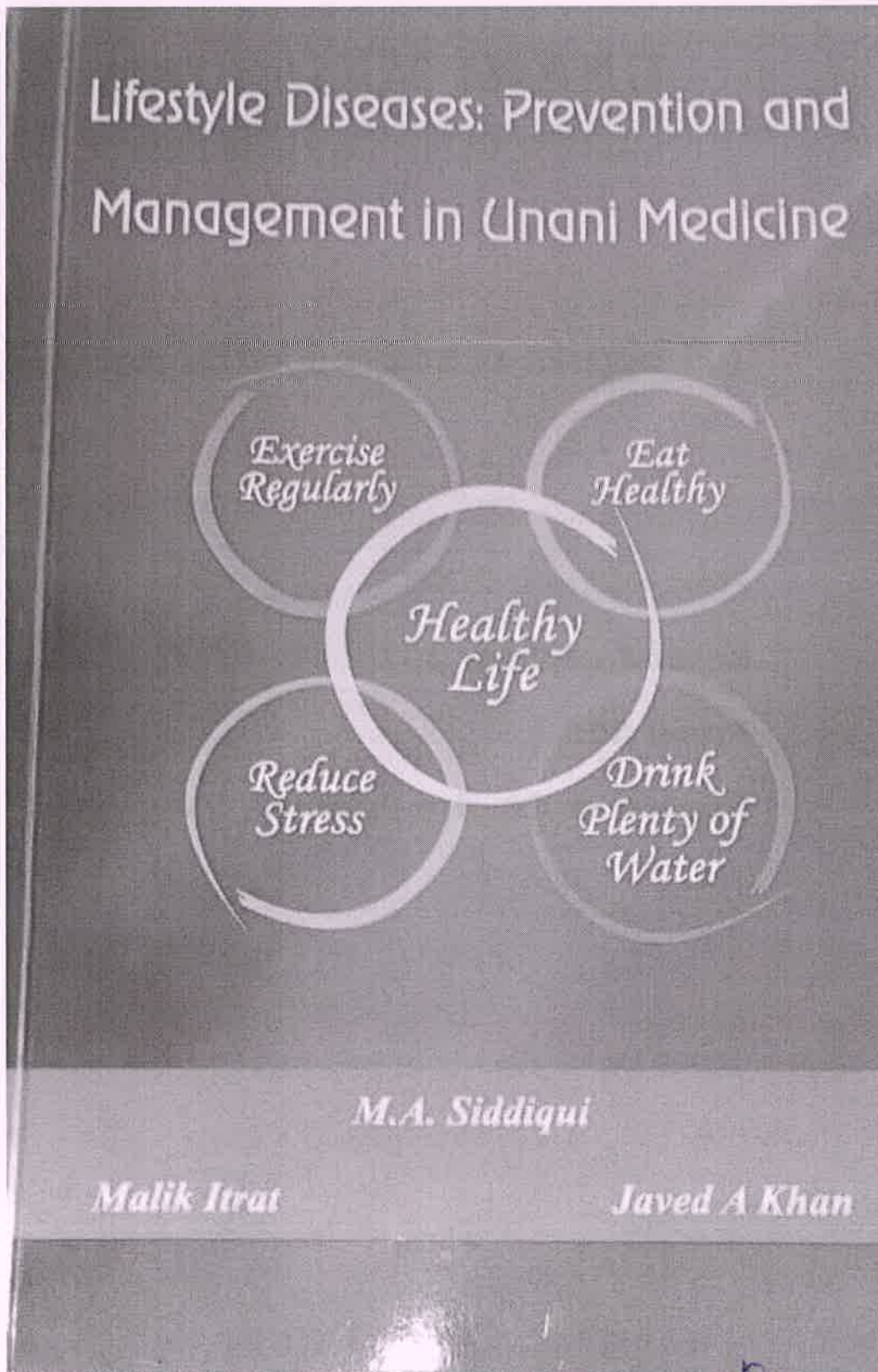
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