



## **Project on**

## **An Overview On Use Of Unani Medicine In Bangladesh**

A dissertation submitted to the Department of Pharmacy, Daffodil International University, slightly fulfils the needs for the Bachelor of Pharmacy degree (B. Pharm).

### **Submitted To**

The Department of Pharmacy

Faculty of Allied Health Sciences

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In the partial fulfillment of the requirements for the degree of Bachelor of Pharmacy

### **Submitted By**

Student ID: 183-29-1354

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Department of Pharmacy

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November, 2022

## **APPROVAL**

This project review “An Overview On Use Of Unani Medicine In Bangladesh” submitted to the Department of Pharmacy, Faculty of Allied Health Sciences, Daffodil International University, has been accepted as satisfactory for the partial fulfillment of the requirements for the degree of Bachelor of Pharmacy and approved as to its style and contents.

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**Internal Examiner 1**

**Internal Examiner 2**

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## CERTIFICATION

**DISSERTATION ACCEPTANCE FORM DAFFODIL INTERNATIONAL UNIVERSITY,  
DEPARTMENT OF PHARMACY.**

This is to certify that the results of investigation of this project works are original & have not been submitted before in this University. This entire project work has been accepted satisfactory requirements for Bachelor of Pharmacy.

**Project Supervisor**



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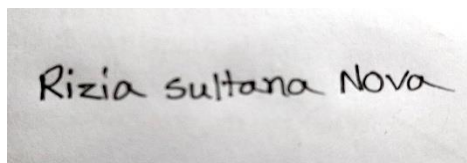
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**DECLARATION**

I, with this, declare that I do this project Department of Pharmacy, Faculty of Allied Health Sciences, Daffodil International University, and reasonably meet the requirements of a Bachelor of Pharmacy (B. Pharm) degree. I declare that this project is entirely my creation. I further certify that the implementations in this project are unique and have never been submitted to any degree program at this university.

**Submitted By**

A rectangular box containing a handwritten signature in black ink. The signature reads "Rizia sultana Nova".

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## **Acknowledgement**

First and foremost, I would like to convey my heartfelt gratitude to the Almighty God for giving me the chance to study this subject, the capability to complete my project work, and finally the ability to write up the project work& results in order to fulfill the requirements for the Bachelor of Pharmacy degree. I would like to express my deepest appreciation and respect to my honorable supervisor, **Ms. Farjana Islam Aovi**, Assistant Professor, Department of pharmacy, Daffodil International University.

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**DEDICATION**

**DEDICATED TO**

**ALL OF MY RESPECTED TEACHERS AND MY FAMILY MEMBERS  
WHO HAVE ALWAYS SUPPORTED AND ENCOURGED ME**

## **Abstract**

The unani medical method combines science and amazing healing art. It regards an individual as a whole instead than as a collection of separate components. It aims to heal the body, the mind, and the spirit. The increase of chronic diseases increasing day by day and the use of Unani medicine increasing day by day due to its absent of side effects rather than synthetic medicine. In children disease like (Enteritis, dyspnea, convulsion), and chronic disease like diabetes can be easily treated with unani medicine. And it is observed that 25.6 percent of people are using unani medicine to control diabetec and present time its users are increased to 92.70%, most commonly plants that are used for unani medicine formulation are *Aloebarbadensis*Mill.(Şibr), *Crocussativus*Linn.(Za‘frān) and many others. The available Unani medicine that are manufacturing in Bangladesh are CENTURIN® (PENITAB), CAPSULE ENDUREX® (MUMSHIK) etc. There are some obstacle such as standardization of unprocessed medication, dosing related problems etc which should be minimize to increase the faith on unani medicine

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# *Chapter-01*

## *Introduction*

## 1.1 Introduction

Childhood is the most significant age period in all civilizations, not because it makes up 40% of the total population, but rather because there is a growing understanding that health behavior and the determinants of chronic disease in later life are established at this age. Due to the so-called socialization process, which is the transmission of the attitudes, behaviors, and customs established during this time, this phase is also crucial. 90% of the 136 million babies born each year around the world live in developing nations. More than 50 infants die before they finish their first year of life for every 1000 live births. In India, the first month of life is when 61.3% of newborn deaths occur [1]. The majority of these fatalities occur in underprivileged tribal populations in inaccessible, distant rural settings. As recommended internationally, the majority of infant mortality reduction measures only work to improve access to curative and emergency treatment. These tactics haven't produced any better outcomes in India so far. India does not need to adopt strategies that have been successful for other nations due to its distinct geopolitical and social circumstances. Instead, we must develop our own approaches that are accessible, affordable, and culturally appropriate. A technique like this can optimize operations at many different levels. We may start by incorporating the official Indigenous healthcare systems, such as Unani medicine, into the current healthcare systems.

Many ancient Unani doctors understood the significance of children's health. Children's illnesses were discussed, along with how to treat them and routines for preserving their health. The topic of Tadabeer-eNaumaulood and Amrazeatfal is covered in detail with regard to child care. It covers neonatal care, baby nutrition, dentition management, pediatric illness management, and fundamentals of pediatric therapy and treatments. Numerous manuscripts of Unani literature, including Firdaus-ul-Hikmat, Kitab-ul-Mansoori, Kamil-us-Sanaah, Al Qanoon Fit Tib, Kitab-ul-Mokhtarat Fit Tib, and Kitab-ul-Kulliyat, which are listed below, include comprehensive information on child care.

Jalinoos (129–200 A.D.) provided various routines and instructions for the healthy development of children. The first regimen recommended by Jalinoos for a newborn is to sprinkle salt on the child's body because it makes the body tolerant to alien particles or substances. IbneRushd expressed his belief that this should be accomplished by using salt that doesn't irritate the skin in this regard. RoghanBaloot is ideal for this usage since it doesn't irritate, according to Abu Marwan. A youngster should have a bath in a hammam, according to Jalinoos [2].

RabbanTabri (770-) in "Firdaus-ul-Hikmat850 A.D.) has provided some instructions on appropriatethe children's development and growth. once theLittle children should be let to growupgentle exercise The diet must be modest. At this pointthe kid needs to be ready for wrestling as part of their educationand walked barefoot onto the wrestling mat. The kidLiquor use should be restricted due to its excessive nature.makes the body fat and floods the mind withbukhaarat. The kids need to take a hot bath [3].



Figure 1: Unani medicine for children

ZakariaRazi (850–923 A.D.), in one of his writings titled "kitab-ulMansoori," discussed children's health and recommended against overfeeding them with fruits, sweets, cheese, milk, and fatty meals in order to protect them from illness and disease. Vesicle calculus might develop if these items are consumed in excess [4].

In his book "Kamil-us-Sanaah," Ali Ibne Abbas Majoosi (930–994 A.D.), suggested various regimens for a child's healthy growth. When a kid reaches the end of the nursing period, the food should be provided to them after a lukewarm bath.The child's preferred

diet must be provided twice daily. The eggs, or sweets made of wheat and sugar, since youngster must be forbidden from eating often these diets can lead to indigestion and renal and and from diets like those that contain hareesa, bladder calculi [5].

In his work "Al Qanoon Fit Tib," IbneSina (980–1037 A.D.) devoted a specific section with four chapters to discussing the growth and ailments of children. He discussed the handling of newborns up until walking age in the first chapter. He discussed breast feeding and the qualities of a competent wet nurse in the second chapter. He discussed childhood illnesses such diarrhea, worms, sleeping issues, cough, cold, throat tumors, vomiting, hiccups, abdominal

with positive behaviors [7] In his work "Kitabul-Kulliyat," IbneRushd (1126-1198 A.D.) provided regimens for raising healthy children. from infancy through adulthood, growth. He claims that the infant should receive a wash while its mother is nursing. on an empty stomach in order to stop the spread of to Aasaab, undigested milk the moment the kid awakens morning from sleep, the kid should be given moderate. Following exercise, a massage, and a bath. After that, diet It should be provided in a moderate amount and quality. In When the youngster is hungry in the afternoon, all the morning's routines need to be repeated. Nabeez and other hypnotic medications should not be given to youngsters as they produce congestion in the head or brain, raise body temperature, and make ideas hazy. Children must not be allowed to consume any fruits during an outbreak since the blood that these fruits release is very contagious. During an outbreak, they should also be forbidden from eating meat [2].

## **1.2 Obstacles of Unani medicine**

### **Support for Empirical Claims**

Regarding the identification of unidentified substances, their methods of verification, and their therapeutic usefulness, traditional Unani practitioners spoke extensively from their experience. Additionally, they discussed how compound drugs are made and when they could expire. The current task for Unani academics is to use scientific methods to verify these assertions.

### **Employing technology**

The ancient Unani system was used for around two centuries. At that time, Unani doctors and intellectuals used all available technology to create this method empirical, systematic, and logical. The key innovation was that it attempted to address specific, measurable, and testable research questions. The primary knowledge base was composed of these claims. In order to assess the safety, effectiveness, and quality control of numerous medications, they employed close observation and trial-and-error experience.

### **Standardization of single- and multiple-drug therapies**

Experience has led to the standardization of unprocessed medications and the compound compositions defined by unani specialists. The same appears to be solely supported by various authorities' remarks. Even if they appear to be quite precise, these cannot be compared to scientific claims. These assertions must be supported, and the medications must be standardized using more exacting scientific standards.

### **Dosing types for drugs**

In our traditional literatures, dosage forms of unani single and complex medications are discussed. They have not altered since their prehistoric eras, making it difficult for the Unani system to be accepted and liked by everyone. Dosage forms assessments based on contemporary procedures are a huge obstacle. It must start with the fundamentals of experimentation and necessary research.

### **Studies on stability**

For the benefit of patients, the clinical effectiveness of formulations, and drug regulatory requirements, stability studies of pharmaceuticals are important. The numerous expiry dates of various Unani single and compound formulations were described by Unani academics in traditional literature. For all Unani pharmaceuticals, the difficulty is to validate these claims. It poses a problem for its international marketing as well [24].

# *Chapter- 02*

## *The goal of the study*



### Goal of the study

The use of herbal/ Unani medicine in the world increasing day by day. Research on medicinal plants and their bioactive chemicals has drawn attention from scientists in recent years due to their dependability and

authenticity, in addition to having extremely few or no adverse effects. The Unani medicine is not only used in aged people but also for newborn children and children aged less than five years.

The main purpose of the study is to:

- To provide vast knowledge about Unani medicine.
- Different use of Unani medicine in children
- To find out the benefits and effectiveness of Unani medicine.
- To find out the limitations/ obstacles of this medicine
- To manifest the further research of Unani medicine.

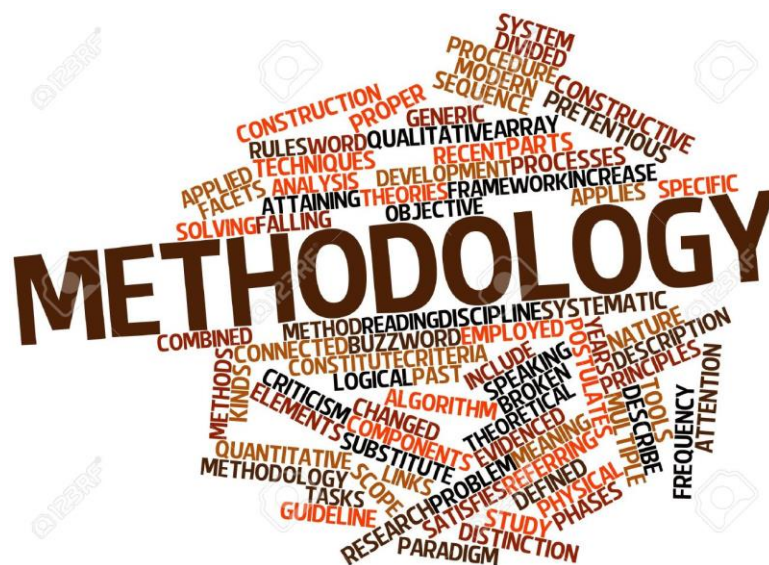


Figure 2: Herbs use in Unani Medicine



# *Chapter -03*

## *Methodology*



### **3.1.Introduction:**

The examination is preceded by a literature study. For this study, more than 50 publications are reviewed.

### **3.2. Research Design:**

This exploration was planned through Google scholar and many other websites to find literature. For referencing Mendeley software was used.

### **3.3. Method of Data Analysis:**

After gathering a variety of data, each piece was examined for accuracy and internal coherence to rule out any missing or inconsistent pieces, and those were then deleted. Information research was carried out using Microsoft's dominant updated version. All data was gathered between 1984 and 2022.

### **3.4. Ethical Considerations**

The members of the investigation were spoken to and given the go-ahead verbally for the information-gathering process. The respondents' identities were kept secret, and participants in the study were informed that they may drop out at any point during the information-gathering process. The study was sponsored by the Department of Pharmacy.



# *Chapter- 04*

## *Unani Medicine*



### **UNANI MEDICINE**



## 1.1 Introduction

The management of health and illnesses is the focus of the Unani System of Medicine. With a comprehensive approach, it offers healthcare that is preventative, promotive, curative, and rehabilitative. The foundation of this system is based on profound philosophical understandings and scientific principles, such as the Hippocratic theory of four humours (Akh) - blood (Dam), phlegm (Balgham), yellow bile (afr), and black bile (Sawd), as well as the Empedoclean theory of four elements (Air, Water, Fire, and Earth), four proximate qualities (Kayfiyt), which Temperament (Mizj) is the term used to describe the combination of several elements and their qualities in a precise ratio in an organism, whether it be living or not. As the things of the non-human Universe being made up directly of Elements are characterized in terms of Qualitative Temperament, Human Temperament is typically denoted by the dominating Humour, i.e. Sanguine (Damaw), Phlegmatic (Balgham), Choleric (afrw), and Melancholic (Sadw). Any disruption in the balance of humours produces disease, hence the goal of treatment is to restore it by administering substances (including medications) of the opposite temperament. Additionally, the Unani System of Medicine holds that Medicatrixnaturae (ab'atMudabbira'-iBadan) is the supreme force that regulates all bodily physiological systems, offers resistance to illnesses, and aids in natural healing.

Instead of approaching sickness reductionistically, the Unani System of Medicine is holistic in character and considers the full individual. In both health and sickness, unani doctors place a high priority on a person's food and digestive health. When treating patients based on their temperament, certain food plans are advised. It is believed that a healthy diet will result in good spirits, whereas an unhealthy diet will result in evil spirits (AkhlRadiyya). It is therefore possible to treat the humoral imbalance with medicine and appropriate dietary changes. t. The doctor decides which medications to administer based on the patient's personality, the illness's severity, the organs affected, and their faculties.

All disorders affecting the body's systems and organs are treated by the unani system of medicine. It has been discovered that the therapies for chronic illnesses and diseases of the skin, liver, musculoskeletal and reproductive systems, immunological, and lifestyle problems are very successful and well tolerated. The Unani System of Medicine is distinguished by its use of elatives, exhilarants, aphrodisiacs, organ-specific tonics and immunomodulatory medications, temperament-specific drugs, correctives for unpleasant effects, coctives and purgatives, etc. Cosmoceutics, Nutraceuticals, Aromatics, and related treatments play a significant role in Unani System of Medicine therapy [26].

## 1.2 Infrastructure and Network of Unani System of Medicine in India

**Table 1: Infrastructure and Network of Unani System medicine in India**

Central Council of Indian Medicine	Central Council for Research in Unani Medicine	Pharmacopoeial Laboratory for Indian Medicine	National Institute of Unani Medicine
Regulatory authority for education and practice of Ayurveda, Siddha and Unani Medicine	Apex organization to conduct and monitor research activities in Unani System of Medicine	Lays down standards of ASU drugs and undertakes verification, analysis and testing of identity-purity quality of drugs	Apex institute for postgraduate medical education and research in Unani Medicine
Established since 1971 as a statutory body under Indian Medicine Central Council Act, 1970	Established in March 1978 and started functioning from 10 January 1979 as an autonomous body managed by Governing Body under the chairmanship of Union Minister of Health and Family Welfare	Established since 1970 under Department of AYUSH	Established since 1984 as an autonomous organization managed by Governing Body under the chairmanship Union Minister of Health and Family Welfare, academic activities started in 2004

## 1.3 Unani System Medicine Strength

The unani system of medicine's fundamental advantages are its holistic philosophy and temperament-based diagnosis and therapy. The principles of holistic healing, which take into account the person's psycho-physical well-being, are the foundation for the use of natural pharmaceuticals (often of plant origin), various therapeutic interventions, and regimens for the prevention and treatment of illnesses and health promotion. Unani medication used rationally typically has no negative side effects. The toning up of the organs and the immune system is a

distinctive technique of Unani treatment noted for its positive benefits. These methods have proven to be quite helpful in raising patients' quality of life in the case of chronic and certain intractable disorders [26].

**A distinct idea of temperament (Mizj)** According to the Unani System of Medicine, each person has a distinct temperament based on their humoral constitution, way of life, and surroundings. Any departure from its typical disposition leads to illness. The treatment of the disorder hinges on reversing the changed temperament with a variety of medications and regimens.

**Holistic approach:** When treating a condition, the Unani System of Medicine considers the full constitution of the patient as well as lifestyle factors when making a diagnosis and recommending a course of action. According to the patient's personality and the disease's nature, doctors choose the medications and treatment plans.

**Safe and radical cure of chronic ailments:** The Unani System of Medicine's main focus is the care of chronic illnesses in a safe and radical way. For a variety of chronic conditions, including psychoneurotic illnesses, hepato-biliary diseases, gastro-intestinal disorders, metabolic disorders, etc., it offers a drastic and safe solution.

**Prevention of disease and promotion of health:** In addition to treating disease symptoms, the Unani System of Medicine places a strong focus on preventing disease and enhancing current health by adhering to the six fundamental tenets of life.

**Regimental therapy:** The Unani System of Medicine uses certain dietary, exercise, and lifestyle regimens as well as venesection (Fad), leeching (Ta'lq), and other procedures to remove the diseased humours from the body (Tanqiya).

**Immunomodulation:** According to the Unani System of Medicine, the body's innate ability to repair itself and maintain its healthy condition is the genuine doctor (ab'at). Accordingly, several medications, such as KhamraMarwrd, Daw' al-Kurkum, abb-iJawhar, etc., are available that increase the body's immunity. y. Unani medications, employed as adjuvants, play a significant role in decreasing the toxicity of the synthetic pharmaceuticals, modifying or increasing the body immunity, and improving overall quality of life in diseases like tuberculosis, AIDS, cancer, etc. when long-term therapy is essential. e.

**Tonics (Muqawwiyt):** A distinctive aspect of Unani System of Medicine is the idea of employing tonics that are tailored to particular organs and systems. Unani doctors have defined a variety of medications to bolster and tone up various important bodily functions. Many of these formulations

can be found in the literature, including Cardiac Tonics (Muqawwiyyat-i-Qalb), Nervine Tonics (Muqawwiyyat-i-Dimgh o A'b), Liver Tonics (Muqawwiyyat-i-Jigar), Liver Tonics (Muqawwiyyat-i-Jigar), Kidney Tonics (Muqaw c. Chronic gastrointestinal disorders are also treated with tonics that improve digestion (Muqawwiyyat-i-Mi'da o Am"), such as Jawrishmla and Jawrishmasag. s.

**Exhilarants (Mufarrit)** are a unique class of medications that provide a happy mood by relieving the mind and heart of various tensions. This class of medications is used to treat neuropsychiatric and cardiac conditions as anxiety, depression, palpitations, etc. These medications also provide a general sense of wellness, which is a distinctive feature of the Unani System of Medicine.

**Specialties:** The Unani System of Medicine successfully treats a wide range of illnesses, particularly the chronic ones. That included conditions such as vitiligo, eczema, and psoriasis; gastrointestinal problems such as acid reflux disease, dyspepsia, irritable bowel syndrome (IBS), ulcerative colitis; respiratory conditions like as bronchial asthma and chronic bronchitis; musculoskeletal conditions such as osteoporosis and arthritis; neurological conditions such as senile dementia, paresis, and paralysis; cardiovascular conditions such as hyper [26].

#### **1.4 Basic principle of Unani sysytem**

The comprehensive care, or radical healing, that the Unani System of Medicine offers is effective and has few side effects. Additionally, it is incredibly simple to practice and consistently yields the indicated results. The vast majority of clinical experiments on unani medicine have shown positive results. In-depth clinical trials have revealed that drugs that were expected to be useful in treating novel ailments on the basis of Unani principles really function. Its unique core concepts, which are composed of complex yet well-organized philosophical ideas that provide useful hypotheses of holistic preventions and treatments, are what give it its homogeneity, repeatability, and simplicity of practice and implementation. It also involves the requirement to put these theories to the test through meticulous scientific observation and experimentation.

Giving preferential treatment to the Temperament of man and medicine, which, in contrast to the molecular level, is straightforward and can be understood as a whole, is what gives the Unani System of Medicine its extraordinary holistic approach. Its simplicity of usage is due to the fact that it just utilizes a few parameters i.e., using the basic attributes (Kayfiyyat) of Hot: Cold & Dry: Wet to characterize a man's and a drug's temperament. Its accuracy and repeatability derives from the concept that Temperament's medications must first pass clinical testing before being approved. Additionally, this clinical testing shows effects that cannot be inferred from the nature or fundamental characteristics of the medicine [26]'

**The fundamental ideas consist of:**

- The basics of pathology (Kulliyat-i 'Ilm al-Amr),
- The Seven Natural Factors (Umr 'Ab'iyya),
- The Principles of Diagnosis (Ul-iTashkh),
- The Principles of Treatment (Ul-i '), and The Seven Natural Factors (Umr 'Ab'iyya, Ilāj)

**Natural Factors (UmrAb'iyya )**

According to the Unani System of Medicine, a person is made up of the following seven components:

- a) The elements (Arkn) that make up both biological and non-biological aspects of man and the universe, including medications.
- b) Humors (Akh): The shape that components of living things adopt. Their equilibrium is health, and their unbalance is sickness.
- c) Temperament (Mizj): This refers to a person's overall characteristics, including their attitude toward life's many components. It serves as a qualitative benchmark for gauging health and deviations from it, as well as for locating medicines that can restore the delicate balance. The foundation of constitutional medicine is this.
- d) Body (A"): The human body.\
- e) Pneuma (Arw): The subtle material that carries physiological capabilities while also possessing vitality.
- f) Faculties (Quw): The physiological forces in charge of the corresponding essential bodily processes, such as life, digestion, sense, movement, and reproduction.
- g) Functions: The various organs' functions [26]

**Basic Elements**

Simple, undivided substances that supply the essential building blocks for the human body and other organisms are considered basic ingredients in unani medicine. They cannot be broken down into more basic entities. The chemical compositions of the different substances (compounds) in nature are what allow them to exist (Imtizj). Four fundamental elements make up everything in the universe, however in various amounts and ratios. There are two basic properties (Kayfiyt) for



each element: hot or cold and dry or wet. Fire (Nr), Air (Haw'), Water (M'), and Earth (Ar) are the four elements. Their fundamental traits are

- Fire: Hot and Dry.
- Air: Hot & Wet
- Water: Cold and Wet
- Earth: Cold and Dry

### Humors

The humours, or liquid essential substances of living things, are seen in Figure 14. They are created by the mingling and organic transformation of components, giving them the capacity to support biological activities such as life, nourishment and development, sensation and movement, and reproduction. The four humors are distinguished by the following primary fundamental characteristics:

Blood(*Dam*): Hot & Wet

Phlegm(*Balgham*) :

Cold&Wet

Yellow Bile(*Şafra'*): Hot &

Dry Black Bile (*Sawdā'*): Cold&Dry

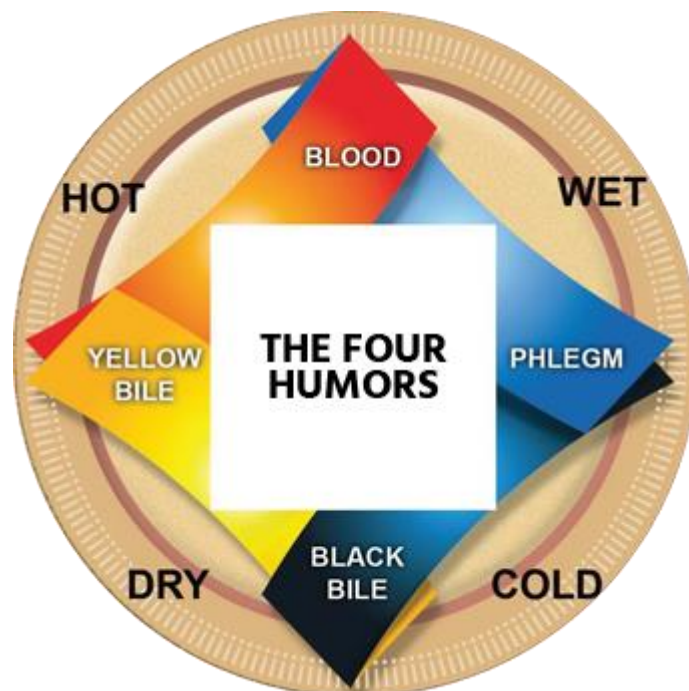


Figure 3: Four humors of Unani medicine

### 1.5 Commonly used medicinal plant in the Unani medicine system



Figure 4: *Abutilonindicum* Linn. (Abū'īlūn)

Uses—Haemoptysis, haemorrhoids



Figure 5: *Alpiniagalanga* Willd. (Khulanjān)

Uses – Nervous disorders, cough, bronchial asthma



Figure 6: *Aegle marmelos* Corr.(Bel)



Figure 7: *Aloe barbadensis* Mill. (Sibr)

Uses – Arthralgia, constipation



Figure 8: *Crocus sativus* Linn. (Za'frān)

Uses– Rhinitis, catarrh, cardiac and liver disorders



Figure 9: *Ficus carica* Linn. (Tīn)

Uses– Constipation, cough, bronchial asthma



Figure 10: Physalisalkekengi Linn. (Kāknaj)

Uses – Burning micturition, renal calculi, jaundice

## *Chapter -05*

### *Use of Unani medicine in child*



Not just the absence of sickness, but also whole physical, mental, and social well-being, is what is meant by the term "health" (WHO). [8,9] Human health is a subject of constant prayer from conception to death. Infanthood is the time between birth and the child's ability to stand up. Each step during this stage of life is crucial, and parents should take precautions carefully to protect their child's health. [8-10] The Mizaj (temperament) of this age, according to unani medicine, is HarRatab (hot wet), and this age is seen as a time of growth and development to reach the fundamental milestone. [11-13] vSelf-care is necessary for health. It is thought that health occurs if all of the body's physiological processes are normal [14].

The Unani system of medicine has a ton of literature medication for child promotion and prevention health. The legendary Unani system thinkers, like Ibn Hubel Baghdadi and Ibn Sina (Avicenna), As reported by RabbanTabri and others, perspectives on child health in depth as well as proposed procedures and medications for improvement of infants.

## **5.1 Management of Infancy**

### **Management just after Normal Delivery**

When the baby is born normally, the umbilical chord is cut four fingers away from the umbilicus, and it is then tied with a gentle, clean, and delicately twined woolen thread. A piece of fresh cotton that has been soaked in olive oil is used to treat the severed end of the umbilical chord. A fine powder consisting of equal parts turmeric, Indian kino, anzaroot (Astragalassaaracola), cumin seeds, and lichen is applied to the wound. Feed the infant two drips of honey once the umbilical cord has been cut and packaged. Use a cotton bud to clean your nose and ears. It is also advised to squirt oil into the nose [15-18].

### **Care of Skin**

As soon as possible after delivery, the baby's face and skin should be washed with saline solution and salt to tone up the skin. Caution should be used to avoid getting saline in the baby's mouth and nose. The tip of the little finger should be used to wipe the nostrils. 10 Drop some olive oil into your eyes as well. It is best to use the little finger to enlarge the anus. The body should be washed in lukewarm water at this point [13; 18-21].

### **Manipulation**



A piece of soft linen is frequently used to clean the eyes. To help the bladder empty more easily, a little pressure is applied. Arms should be put by the sides of the thighs at the conclusion of each session, and the head should be covered with a light turban or a cap that fits appropriately.

### **Sleep**

It is crucial to plan for sleeping arrangements in a space that has been shielded from direct sunlight. Baby struggles to fall asleep soundly and frequently wakes up in bright light. Cover the baby's eyes as he or she sleeps, keep the head slightly raised on a little cushion, and watch out for any twisting of the baby's back, neck, limbs, or legs. Lullabies and gentle rocking are beneficial for a baby's disposition and restful sleep.

### **Bath**

It is crucial to plan for sleeping arrangements in a space that has been shielded from direct sunlight. Baby struggles to fall asleep soundly and frequently wakes up in bright light. Cover the baby's eyes as he or she sleeps, keep the head slightly raised on a little cushion, and watch out for any twisting of the baby's back, neck, limbs, or legs. Lullabies and gentle rocking are beneficial for a baby's disposition and restful sleep.

### **Infant feeding**

According to Jalinoos (Galen), the ideal diet for kids is mommy's milk. 9, 16, and the advice that follows have to be adhered to during breastfeeding and feeding of babies. Ideally, a baby should be fed continuously as the mother's milk is closest to the source of the blood from which the infant has developed into the fetus. Breastfeeding should be provided initially just twice or three times every day, and refraining from particularly during the first several days, substantial feeding.

The Prophet Muhammad (PBUH) advised: "Don't choose the crazy wet nurse. Additionally, it would be preferable to offer give the infant some pure honey before the first feeding.

### **Milk quality improvement:**

If milk is too thick or smells bad, it should be withheld and left out in the open for a while before feeding the baby. It should also be treated with a liquefying medicine like a decoction of mountain origanum, wild thyme, hyssop, or wild mint, and served with a cordial made from the seeds [25].

### **Insufficient Lactation:**

Carrots and carrot seeds are very helpful if the milk is insufficient. If malnutrition is the root of the problem, the mother should be given a broth made from oats, husked barley, or other

appropriate grains. The broth might benefit from having the roots and seeds of fennel or black cumin added.

**Extravagant Lactation:**

A less nutritious diet should be provided and the amount of food should be lowered when the breasts feel full and congested due to an excessive milk output. The liniment consisting of cumin seeds and vinegar should be applied to the breasts and the areas around the chest. The water provided to be consumed after meals may be seasoned with a little salt.

**Suckling mother's regimen:**

The suckling mother or nurse should engage in moderate activity each day and consume healthful diet. She should refrain from having sexual relations while nursing because doing so would start the menstrual cycle and result in spoiled, inadequate milk. 7 Onions, garlic, Rai (Brassocanigra), Hing (Ferula assa-foetida), Ajwain (Trachyspermumammi), and spicy spices should be avoided by mothers. To aid with digestion, sleep should be promoted. In the first several days, just three feeds per day should be provided.

**Weaning**

When a baby starts to want foods other than milk, weaning is the process of allowing them to be consumed gradually and without pressure. When the incisor teeth start to develop, milk should progressively be supplemented with foods that are neither very challenging to chew or excessively hard. Avoid filling the stomach to the point of discomfort. After the oil massage and bath, it's a good idea to feed the infant. Give him honey, which enhances the desire for food, when he is of eating age. Light foods like broth and readily digested meat should be provided when breastfeeding is discontinued. Weaning needs to be gradual and slow.

**Baby in action**

Since nature compels newborns to move around, exercise comes naturally and instinctively to them. It's advised to do some little exercise. They are unable to sit peacefully in one area for this reason. When the infant starts to sit up and toddle around, it shouldn't be made to sit and walk against his will because it might cause permanent damage to his legs and back.

Hard objects should not be provided to chew during the emergence of the canine teeth since doing so might harm the teeth. Chicken fat is rubbed to encourage tooth emergence. Give a mild diet when your teeth are erupting. Olive oil neck massages are very advantageous while teething. When the infant starts speaking, the tongue's root should be periodically examined [25].

### **Disorders of Children:**

When treating newborns, the care of breastfeeding mothers' diseases should be given first priority since a healthy mother ensures a healthy baby. We'll now discuss the numerous illnesses that impact youngsters.

#### **Diarrhea:**

This condition is most prevalent during dentition. It could be brought on by gum discomfort that interferes with digestion. A little case of diarrhea doesn't need extra care because the body can handle it. When there is a lot of diarrheas, the abdomen is treated with rose, celery, or a plaster consisting of cumin seeds, rose seeds, and vinegar. 10, 19, and 20 should be given cold water. Since milk curdles in the stomach, a suitable alternative should be provided instead, such as the yolk of a half-boiled egg, soft bread, or flour made from roasted barley cooked in water.

#### **Teething**

When a person is teething, trismus, temporal swelling, and gum inflammation are all prevalent. In these circumstances, gently pressing the swelling with fingers is advised. To strengthen the gums, a piece of asalussus (*Glycyrrhizaglabra* L.) is placed in the mouth.

#### **Constipation:**

Constipation can occur in kids on occasion. Here is treated with a solidified pure suppository honey or honey combined with some wildflower honey either pure or burned lily root, or mint (*Mentha longifolia*). Honey is taken orally.

#### **Gingivitis:**

The gums should be rubbed if they are irritated using wax-containing oil. Salted beef has other uses of massaging irritated gums. Occasionally in the use of Roghanzaitoon in situations of gingivitis Butter is good (*Oleaeuropaea* oil).



Figure 11: Gingivitis of Children

**Convulsions:**

The teething stage is a time when seizures are more frequent than usual. The body is then rubbed with henna (*Lawsoniainermis*), iris (*Iris pseudacorus*), and lily (*Liliumbulbiferum*) or gilli flower oils to heal them (*Dianthus caryophyllus*) Additionally advantageous is the use of roghanbanafsha, also known as *Viola odorata* oil.

**Cough:**

When a person has a cough or a cold, they should pour plenty of hot water over their heads. Each day, tiny dosages of gum acacia (*Acacia greggii*), gum tragacanth (*Astralagus gum mifer*), powdered quince seeds (*Cydonia oblonga*), and extract of liquorice (*Glycyrrhizaglabra*) (*Glycyrrhizaglabra*) are given with fresh milk. SharbatKhashkhas is helpful for rhinitis and cough.

**Dyspnoea:**

Emesis is used to cure it. Olive oil can be applied on the tongue and ear roots to cause vomiting. Linctus is made from linseed (*Linumusatissimum*) and honey.

**Earache:**

Reeh (pnumae) or moisture can occasionally cause youngsters to experience earaches. This is handled with a drop of oil that has been cooked and filtered before being used to treat barberry (*Berberis vulgaris*), rock salt, lentil (*Lens culinaris*), myrrh (*Commiphoramyrtha*), colocynth (*Citrulluscolocynthis*) seeds, or juniper (*Juniperusosteosperma*) [25].

**Conjunctivitis:** The lids should be coated with barberry and milk mixture, and the eyes should then be washed in chamomile (*Matricaria recutita*) decoction and wild basil juice (*Ocimum basilicum*).

**Corneal ulcers:**

Excessive sobbing can occasionally cause corneal ulceration and whitish opacities. Applying green nightshade juice on them can help. The same approach is taken to treating eyes that have swelled from prolonged weeping.

**Fever**

The best way to treat fevers is to attend to the wet nurse. Treatments like pomegranate juice combined with vinegar and honey syrup or cucumber juice combined with a little camphor and sugar should be administered to the infant and the nurse. Applying fresh bamboo leaf juice to the baby's feet and head while wrapping him in warm garments can cause him to start sweating.

**Colic:**

This is brought on by sour milk and indigestion-related diarrhea. The infant cries and writhes in misery which is often pretty upsetting. The abdomen has to be flamed right away with warm water, wax, or oil.

**Chronic Sneezing:** This can occasionally be brought on by inflammation around the brain. The course of therapy is the same as for general inflammation. Cooling measures should be used, and cold-tempered oil should be administered to the head. When inflammation is not the cause of sneeze, powdered wild basil (*Ocimum basilicum*) seeds are blown into the nose.

**Inflammation of Navel**

The best way to treat fevers is to attend to the wet nurse. Treatments like pomegranate juice combined with vinegar and honey syrup or cucumber juice combined with a little camphor and sugar should be administered to the infant and the nurse. Applying fresh bamboo leaf juice to the baby's feet and head while wrapping him in warm garments can cause him to start sweating.

**Insomnia**

When a kid has insomnia, they may become restless, cry nonstop, and have trouble falling asleep. In that situation, rubbing poppy oil or putting a plaster consisting of poppy seeds to the head and temples should be used to promote sleep. RoghanKadu (*Lagenariasiceraria*) eating and external application to the head are both beneficial for sleep disturbances.

### **Excessive vomiting**

Overindulging in milk causes excessive vomiting, which is managed by giving the child four grains of cloves orally and covering the belly with a light astringent plaster. Juices made from sour-sweet apples or pomegranates can also be helpful.

**Poor Digestive System:** In the event of a weak digestive system, a tiny amount of Emelia and clove extract mixed with quince juice (*Cydonia oblonga* Mill) is administered orally.

**Inflammation of the throat:** The muscles in the neck and spine may become inflamed if the pharynx, the area between the mouth and the esophagus, becomes inflamed. The best way to treat it is to relieve constipation with a suppository put in the rectum; the mulberry syrup is used for the remaining treatments (*Morusnigra*).

**Nightmares:** An overstuffed stomach is typically to blame for them. Food spoilage irritates the stomach, and when its byproducts enter the brain, they stimulate the creative mind and give rise to frightful nightmares. In these situations, the kid is given honey orally to aid in digestion and should not be sent to bed with a full stomach.

**Flatulence:** It is recommended to feed the infant a decoction of Aniston (*Pimpinellaanisum*) and pudina (*Menthalongifolia*) in situations of Riahi discomfort brought on by flatulence.]

### **Enteritis**

The seeds of cumin and watercress (*Nasturtium officinale*), three grams each, should be crushed together, sieved, and combined with previously clarified cow butter to treat enteritis. It is administered in a modest amount together with cold water[25].

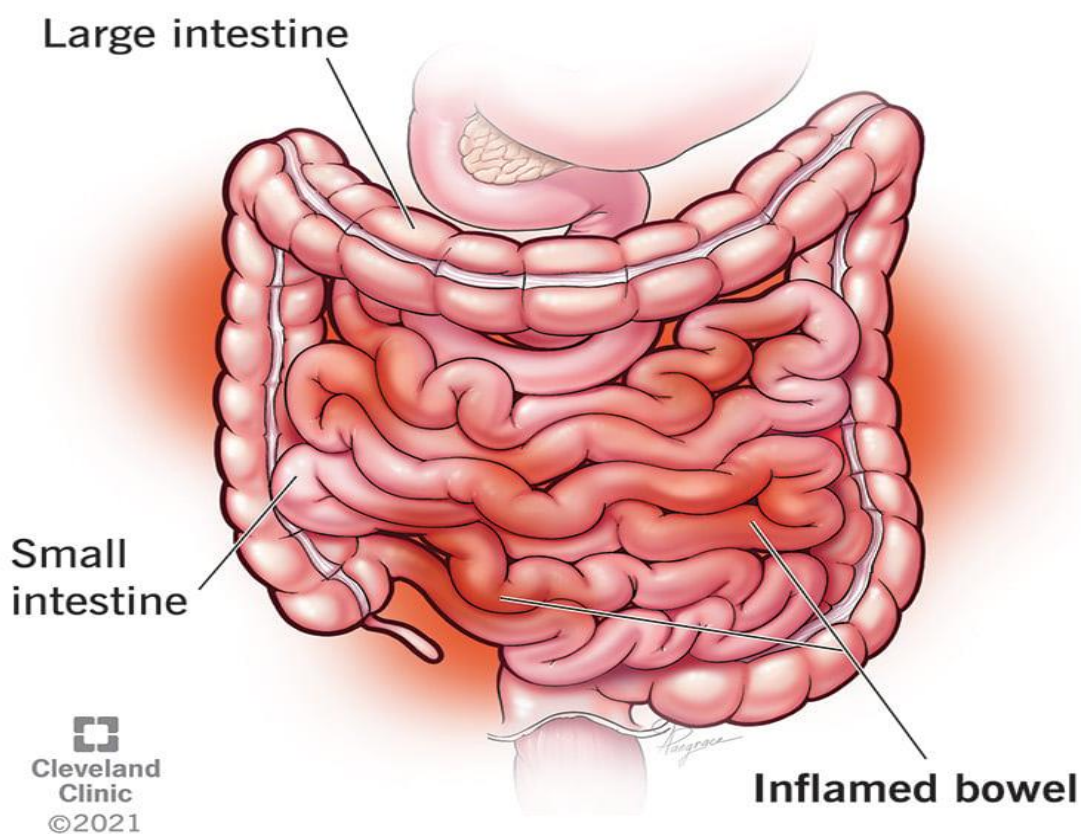


Figure 11: Enteritis of children

**Tonsillitis and uvulitis** are treated with Masoor dal (*Lens culinaris*), which is cooked with sour, sweet pomegranate and given to the kid in little amounts.

### 5.2 Unani medicine for diabetes patient

Diabetes (of Greek origin) has long been recognized in Unani System of Medicine (USM) by virtue of its clinical signs and has been referred to by a number of names, including *dlb/dlbiyya*, *Istisqa-i-amns*, *mu'attisha*, *'utsh*, *dawwriyya/dawra*, *barkriyya* or *'Illatbarkr*, *zalaq al-* Diabetes has been linked to a number of somatic and functional problems, one of which is a weakening or inadequacy of the body's transformational power (*quwwatmughayyira*) [26]. Unani scholars have indicated a significant variety of single and compound compositions for the treatment of diabetes. *Tinosporacordifolia*, *Bambusaarundinacea*, *Nelumbonucifera*, *Gymnemasylvestre*,

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Syzygiumcuimini, Punicagranatum, and others are single-drug sources, and Qursedhayabitus, Qursetabasheer, and Qursedhayabituskafoori, among others, are often used formulations [27,28].



# *Chapter-06*

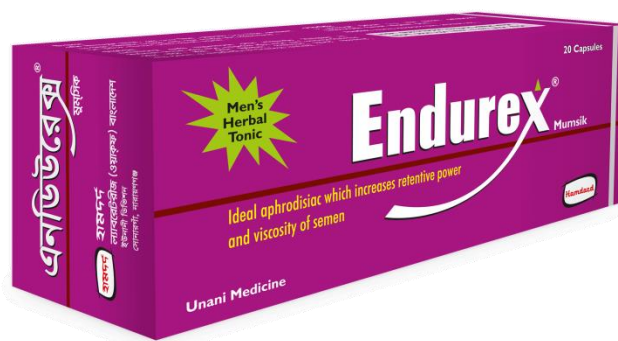
## *Result & Discussion*

### 7.1 List of Unani medicine used in Bangladesh

<b>Product Name</b>	<b>Company</b>	<b>Price</b>	<b>Uses</b>
<b>CENTURIN® (PENITAB)</b>	<b>Hamdard Laboratories (WAQF) Bangladesh</b>	220 TK	Improves cognitive function and memory
<b>TRIGONE® (AMBARI)</b>		70 TK	Improves physical, psychological & physiological strength
<b>CAPSULE AGERD® (TABKHEER)</b>		3 TK	Effective remedy for flatulence & indigestion
<b>CAPSULE ANTILIGO® (BARSINA)</b>		3 TK	Effective remedy for vitiligo
<b>TABLET FRODEX®(AMBAR MOMIYAE)</b>		42 TK	A natural tablet for erectile dysfunction
<b>TABLET ALISA® (GARLITAB)</b>		2 TK	Unique natural unani formulation for better health and well-being
<b>CAPSULE ENDUREX® (MUMSHIK)</b>		60 TK	Men's herbal tonic
<b>TABLET HELAX® (TINKAR)</b>		2 TK	Effective in constipation and obesity
<b>TABLET TONALAX® (QURS MULAYIN)</b>		3 TK	Unique unani herbal medicine to relieve constipation Restores normal function of digestive system.
<b>TABLET DYSNI® PECHISH</b>		3 TK	Herbal antidysenteric, andiarrhoeal and antispasmodic
<b>Tablet NORMATENSIN® (FISHAR)</b>		3 TK	Time tested antihypertensive, cardioprotective& anxiolytic Herbal medicine
<b>TABLET SELVIN® (SALAJEET)</b>		4 TK	Enhances the vigour and vitality
<b>Tablet Redid® (RHUBARB)</b>		1.50 TK	Effective remedy for digestive dysfunction
<b>Tablet SUZARN® (SUZARK)</b>		3 TK	Effective remedy for gonorrhoea & urinary tract infection

### **CAPSULE ENDUREX® (MUMSHIK)**

A potent aphrodisiac pill is Endurex. Endurex has a special formulation that combines priceless natural elements to create a nervine tonic, cephalic tonic, cardio tonic, hepato tonic, and sexual tonic that is both safe and effective.



### **CENTURIN® (PENITAB)**

A multipurpose herbal remedy called centurin enhances memory and cognitive function. Increased blood flow to the brain from centurin makes it easier for the brain's tissue to receive nutrients and oxygen. The brain eats centurin as its food. It acts as a source of energy for brain activity. Working memory, attention, psychomotor function, perception, and mental alertness are all enhanced by centurin.

Centurin maintains a clear and awake sensorium.

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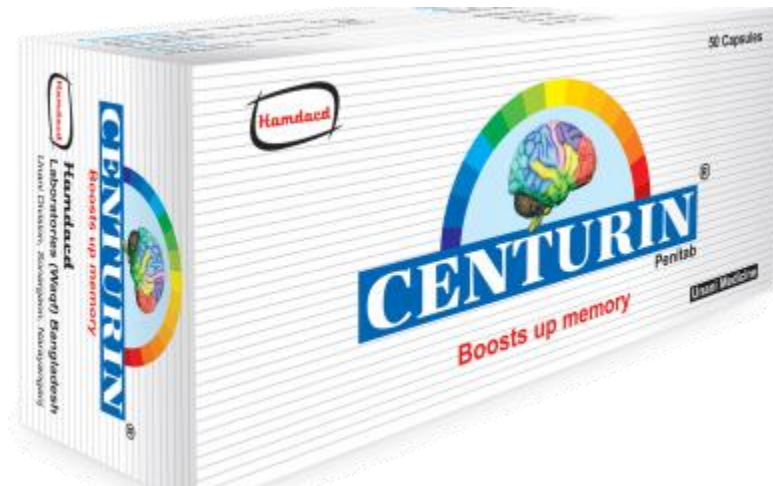
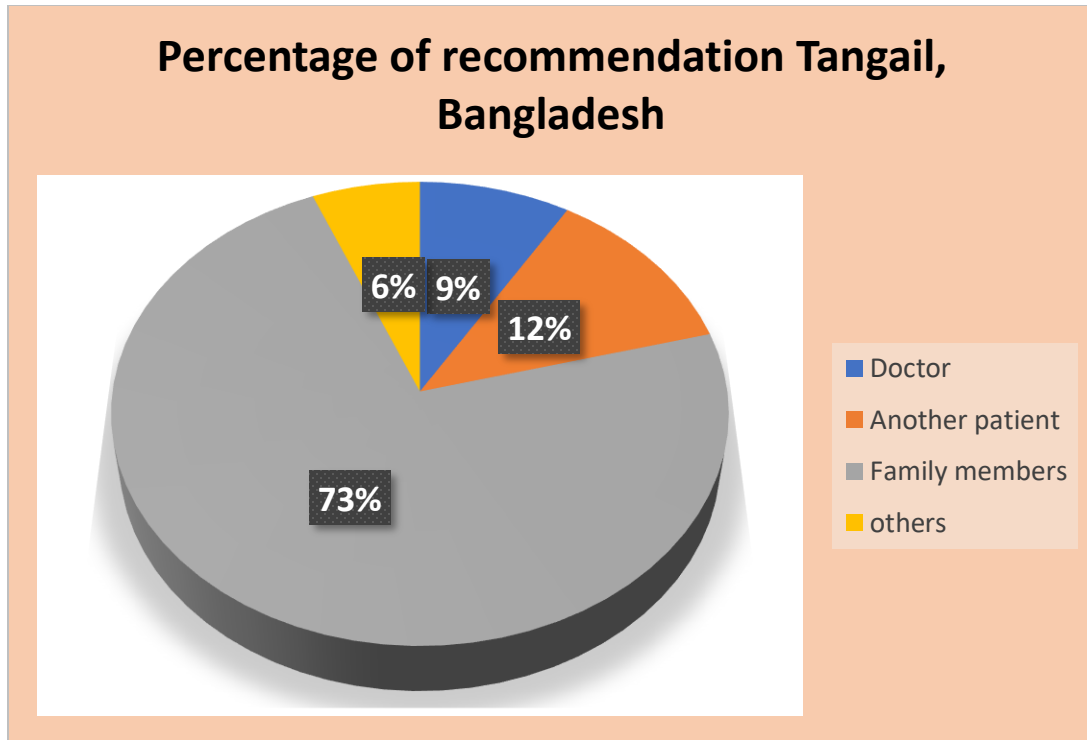


Figure: Centurin Unani medicine



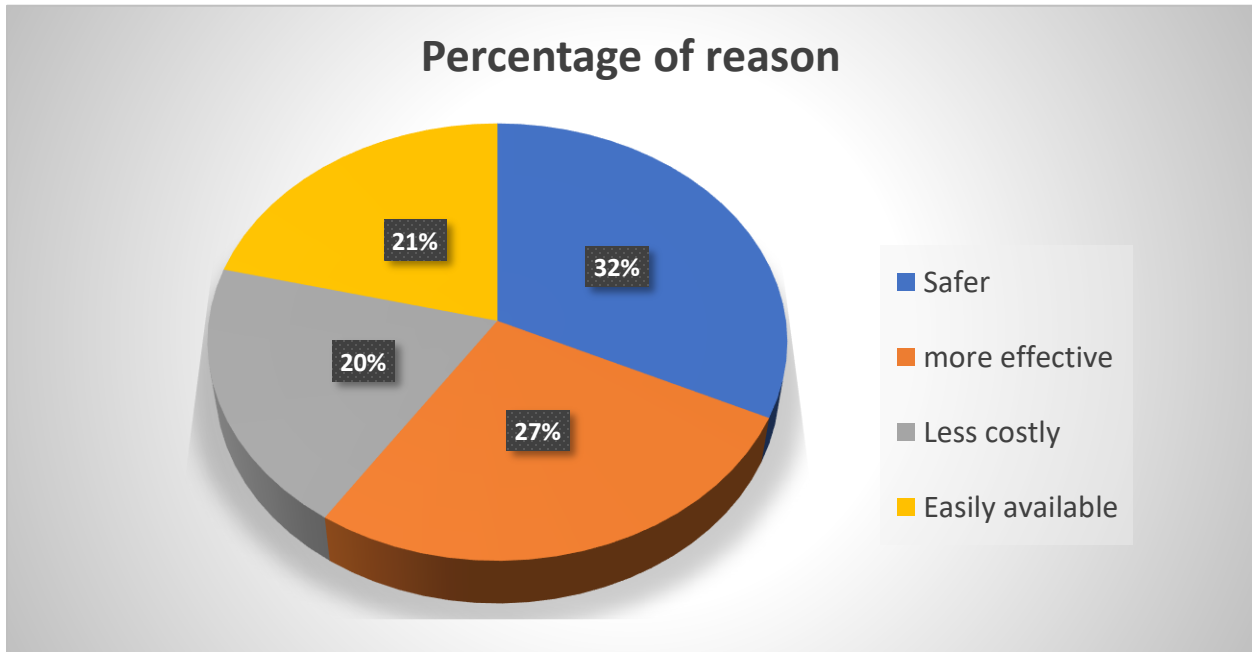
Figure: Agerd unani medicine

## 7.2 Recommendation for usage of Unani medicine



The above chart described that mostly the unani medicine administration occurred due to advise of family members and it is 73%. Then it recommends another patient from beneficial effect and percentage is 12%. The doctors are rarely prescribe unani medicine (9%) but the concern on unani medicine uses increasing day by day.

### 7.3 Reason behind usage of unani medicine



# *Chapter- 07*

## *Conclusion*

## **Conclusion**

The use of unani medicine is increasing day by day due to its less side and adverse effect and high safety value, cost effective and easily available.. In Bangladesh most of the top ranked pharmaceutical industry manufacturing a large number of unani products. Unani medicines are very helpful in chronic disease like diabetes, heart diseases which can be used to control this chronic disease. 25.6 % of the diabetic patient using unani product to keep it in control range. Present study showing that the use of unani medicine increased 92.70 % where in past it was 7.50 %. But still patient and healthcare professionals can not make 100% faith on Unani medicine due its some obstacle. By removing these obstacles the use of unani medicine can be increased and further research can be increased.



# *Chapter- 08*

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