

PREVENTION AND CONTROL OF LIFESTYLE DISORDERS THROUGH ASBAB-E-SITTA ZAROORIYAH (SIX ESSENTIAL FACTORS) – AN APPRAISAL**Abdul Azeez Rizwana^{1*}, MHM Hafeel², Aliya Parveen³, Asima Basheer³ and Basharith Rashid⁴**¹Medical Officer, Department of Ayurveda Western Province, Colombo, Srilanka.²PG Scholar, Department of Moalijat, National Institute of Unani Medicine, Bengaluru, Karnataka.³PG Scholar, Department of Tahaffuzi wa Samaji Tib, National Institute of Unani Medicine, Bengaluru, Karnataka.⁴Lecturer, Department of Tahaffuzi wa Samaji Tib, National Institute of Unani Medicine, Bengaluru, Karnataka.***Correspondence for Author: Dr. Abdul Azeez Rizwana**

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Article Received on 06/02/2016

Article Revised on 28/02/2016

Article Accepted on 22/03/2016

ABSTRACT

Greco Arabic medicine (Unani) is 2500 years back. Unani system of Medicine lays rules for a balanced lifestyle, which revolves around six essential factors (*Asbab e Sitta Zarooriyah*); these are atmospheric air, dietetics, rest and physical activities, psychological activities and rest, sleeping patterns and wakefulness and eliminations and retentions. Lifestyle disease is a group of diseases the onset and progress of which are concerned with lifestyle and behavior factors such as dietary habits, physical activities, rest, smoking, alcohol consumption, etc. Unani system of medicine differentiates lifestyle diseases and other diseases within the context of the *Asbab-e- Sitta Zarooriyah*. According to Unani medicine, lifestyle diseases are the diseases which arise from imbalance in the *Asbab-e- Sitta Zarooriyah* over a long period of time. In this review paper, we will discuss about role of *Asbab-e- Sitta Zarooriyah* in prevention and control of lifestyle disorders.

KEYWORDS: *Asbab-e- Sitta Zarooriyah*, Lifestyle, Unani Medicine.**INTRODUCTION**

Chronic noncommunicable diseases are rapidly increasing in importance as a global public health problem. An emerging epidemic of noncommunicable diseases is closely related to lengthening life expectancy in developed any many developing countries, profound and frequently unhealthy changes in lifestyle and adverse physical and social environments. By the end of the twentieth century, non communicable diseases were estimated to have contributed more than 60% of deaths in the world and almost half of the global burden of diseases. The problem is universal and low and middle – income contries suffer the severe and growing impact of non communicable diseases, which creates tremendous difficulties for public health services in area where human and technical resources are extremely limited.^[1]

The lifestyle related diseases are chronic diseases including cancer, heart diseases and diabetes. It is also non- communicable diseases (NCDs) against which world wide actions are being taken.^[2] NCD could be defined as a set of chronic diseases of major public health importance such as asthma and chronic obstructive pulmonary disease, chronic lesions of bone and joints, mental disorders and many others.^[1] Lifestyle disease is a group of diseases the onset and progress of which are concerned with lifestyle and behavior factors such as dietary habits, physical activities, rest, smoking,

alcohol consumption, etc.^[2] Cardiovascular diseases (CVD) continue to be the major cause of mortality representing about 30 per cent of all deaths worldwide. Lifestyle diseases like hypertension, diabetes mellitus, dyslipidaemia and overweight/obesity are the major risk factors for the development of CVD. With rapid economic development and increasing westernization of lifestyle in the past few decades prevalence of these diseases has reached alarming proportions among Indians in the recent years.^[3] Unani medicine strives to find the best possible ways by which a person can lead a healthy life with minimum or zero sickness.

A sound way of life includes eating an adjusted eating routine, practicing routinely and overseeing push viably. Settling on these solid decisions consistently can influence more than your physical appearance - it can likewise increment both the length and nature of your life by boosting your resistance to malady and keeping you candidly sound. Observing sound future patterns is critical to keeping up personal satisfaction in more established age bunches, proactive strategy making and advancement of compelling intercessions.^[4]

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activities and rest, sleeping patterns and wakefulness and eliminations and retentions.^[5]

Role of *asbab-e- sitta zarooriyah* in prevention and control of lifestyle disorders

Preventive medicine in Unani is centred on *Asbab e Sitta Zarooriya* (six essential pre requisites) adherence to which is essential for healthy life.^[6]

Asbab-e-Sitta Zarooriyah includes six essential pre requisites which are as follows-^[7,8,9,10]

1. **Hawa-e-Muheet** (Atmospheric air)
2. **Makool wa Mashroob** (Food and drinks)
3. **Harkat wa Sukoon-e-Badani** (Physical activity and repose)
4. **Harkat wa Sukoon-e-Nafsani** (Mental activity and repose)
5. **Naum wa Yaqza** (Sleep and wakefulness)
6. **Ehtibas wa Istifragh** (Retention and elimination).

The above six causes (factors) essentially influence each and every human body, therefore, they are called *Asbab-e-Sitta Zarooriyah*. Nobody could escape from these factors so long he is living.^[10]

Hawa -e-muheet (environmental air)

Air has got first priority over all the six essential factors, without air we cannot imagine the existence of life.^[7] Air performs the function of *Ta'adeel-e-Rooh* at the time of *inspiration* by exchanging the air. Simultaneously it also works as *Tankiya-e-Rooh* at the time of *expiration*.^[11,12] Most of the air bone diseases are caused by seasonal or natural changes and environmental pollution of air. In every season the air changes into another temperament. Change in character of atmospheric air produce changes to human body. Polluted air induces putrefaction to humours. Human life needs fresh and pure air to perform physiological functions and to maintain health. We can control and prevent most of the chronic lifestyle diseases through strengthening of rooh, fresh and pure air.

Makool wa mashroob (food and drinks)

Makool wa mashroob (food and drinks) is one of the important factor among *Asbab-e-Sitta Zarooriyah*. Unani physicians had advocated precise diet for specific disease.^[6,9] Avicenna described this in his famous treatise "Alqanoon fit tib" Dietetics and Nutrition is one of the important medical subjects.^[6,9] The importance can further described by Gruner in his book *Al qanoon fit tib* "the stomach is the house of disease and the diet is the head of healing. This was noted by Hippocrates, Galen and Ibn Sina, the original pioneers of Tibb. In fact, most chronic disorders of our time result in part from malnutrition in one form or another. Diabetes, obesity, heart disease, inflammatory diseases, some skin disorders and cancer can trace their origin back to poor or unwise consumption of food – too much salt or fat; too little fibre; not enough fruit and vegetables; bad eating habits, etc. Hippocrates thought of it first: "Let

your food be your medicine, and medicine be your food."^[13]

Instead of being an afterthought when treating a particular disorder, changes and improvement of diet is now being considered. In Tibb philosophy, the concept of the qualities of heating and cooling, moistness and dryness, is linked to the effect of different foods have on the person bodily metabolism and formation of the humours. Heating foods will increase the body basic metabolic rate, and cooling foods will have the opposite effect. For some diseases, like phlegmatic disorders, heating foods should be used. For other disorders, like gastritis, cooling foods are more beneficial.^[13]

Greco-Arab and Islamic healers treated patients through a scheme starting with physiotherapy and diet; if this failed, drugs were used. Rhazes's treatment scheme started with diet therapy, he noted that "if the physician is able to treat with foodstuffs, not medication, then he has succeeded."^[14]

Harkat wa sukoon-e-badani (physical activity and repose)

Physically active plays an essential role in ensuring health and well-being, and there is a large body of research investigating the benefits of exercise. Physical activity benefits many parts of the body – the heart, skeletal muscles, bones, blood (for example, cholesterol levels), the immune system and the nervous system and can reduce many of the risk factors for NCDs.^[15]

Unani physicians advocated that physical activity is essential for the activation of *hararat ghariziya* (innate energy) and to excrete the waste products of the body but prolonged activity of every kind leads to dispersion of the *hararat ghariziya* (innate heat). Rest is necessary to relieve the fatigue and to decrease the body temperature which is harmful to body fluids. Excess of both causes coldness of the body because motion leads in the decrease of the innate fluids, excess of rest increases the body fluid which decreases the innate energy.^[7]

Riyazat (exercise) stimulates innate heat and mature the thick morbid matters after that eliminate it proper outlet. Riyazat enhances arterial blood supply and nutrition to affected part of the muscles. Physical activity can help people to achieve a variety of goals, including increased cardiorespiratory fitness, increased vigour, improved glycaemic control, decreased insulin resistance, improved lipid profile, blood pressure reduction, and maintenance of weight loss.

Harkat wa sukoon-e-nafsani (mental activity and repose)

Ibn-e-Sina was the first physician who developed the relation between psychology and medicine. Body and mind have impact on each other as *nafsiyati awamil* (psychological factors) are dependent on dominant *khilt* and *mizaj* of that person.^[7] Mental stress associated with

many lifestyle disorders like hypertension, diabetes etc. Mental relaxation through various ways protect human life.

Naum wa yaqza (sleep and wakefulness)

Ismail Jurjani stated that normal sleep is very beneficial to all, while sleeplessness deviates the temperament of brain. It interferes with the process of digestion and metabolism. It not only weakens the ability of thought, sense and movement but also deteriorates them gradually and renders the person to take decision.^[16] According to Allama Nafis excessive awakening produces dissolution of *rooh* leads to weakness and *yaboosat* (dryness) of brain and indigestion.^[12]

Excess of sleeping causes coldness in temperament which further become the cause of weakness, laziness in the body and headache etc and may develop many diseases. Insufficient sleep has also been linked to obesity, diabetes, cardiovascular diseases and other health problems and it is considered as important risk factor and getting enough high quality sleep may be as important to health and wellbeing as nutrition and exercise.^[7, 17, 18]

Ehtibas wa istifragh (retention and elimination)

Ehtibas wa istifragh (retention and elimination) has got last but not least essential factor over all the six essential factors. Obesity is one of the lifestyle disorder and also major risk factor of other lifestyle as well as NCD like Type 2 diabetes mellitus, coronary heart disease, and hypertension etc. According to Unani concept obesity is also known as *Samane Mufrat*. It is a *Balghami* (Phlegmatic) disease and hence *Khilte Balgham* predominates in the body of person and is a predisposing factor in causation of obesity. In this condition loss of movements of *Aaza* (organs) is due to excessive accumulated *Balgham* (fat) and cold temperament, hence the person becomes lazy and dull and leads to lifestyle diseases.^[19]

Retention and deposition of *Balgham* (Atherosclerosis) obstructs *Nufuz of Rooh* (passage of oxygen) in the organs which finally cause death.^[17] Proper *ehtibas wa istifragh* (retention and elimination) through proper channels is very important to maintain health and wellbeing.

CONCLUSION

Maintaining of *asbab-e-sitta zarooriyah* is important to harmonious homeostasis of the temperament, humours of the body. Lifestyle recommendations within the health plan targets physical activity, smoking cessation, dietary habits, stress management and alcohol intake also prevent lifestyle disorders. Everybody naturally has to die of something, but lifestyle diseases take people before their time. We can choose our life: die young, now or at a ripe old age through proper management of *asbab-e-sitta zarooriyah*.

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