



**REVIEW ON KHILT E SAUDA OR KHILT E ASWAD (BLACK BILE OR
MELANCHOLE)**

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ABSTRACT

Sauda literally means black color. Among all khilt, this khilt is black in color so mentioned as Khilt e Sauda. All black color fluids of the body are called as Khilt e Sauda. In Arabic, it is called Khilt e Aswad (Aswad means Black color). Mizaj of Khilt e Sauda is Barid Tabis (Cold and Dry). Sauda is formed in the body by two methods. By precipitation and By oxidation (Ihteraaq). It increases viscosity of the Blood and also takes part in Nutrition. Normal Sauda is the sediment or deposit of Blood. And it performs the functions normally. Abnormal sauda is produced by oxidation or burning of any Khilt or due to oxidation of sauda Itself. The ihteraaq is usually a normal process that is slightly altered either quality or quantity wise. Ihteraaq of Sauda e taba'i (Normal Sauda) means any change in it's Mizaaj due to which its states or Quality changes but black color still persists. It means as the normal sauda is black colored, abnormal sauda which is formed from normal sauda will also be black in color. Other Black color compounds of the body are Melanin, Black iron components as Apophyrin, Ferritin, hemosiderin etc., Bilicyanin. Disharmony of Khilt e Sauda produces yellowish brown to black coloured skin, dryness, anxiousness, sadness, Sleeplessness. Melancholia, psychological disorders like Depression, Anxiety, Leprosy, Tumors, Cancers are some diseases described due to Abnormal or Excess Sauda.

KEYWORDS: Ihteraaq, Precipitation, Depression, Melancholia, bilicyanin.

INTRODUCTION

Sauda Literally means black color. Among all akhlat, this khilt is black in color so mentioned a khilt e sauda. All black Color fluids of the body are called as khilt e sauda.

khilt e sauda is a jins Which comprises of many different types of fluids Which may have different function and different properties. But because of color it is called sauda. when blood is collected in a container and left for some time, this is the fluid with sediments at the bottom of the container.

Mizaaj :- Barid Yabis (Cold and dry) ---- Alama Qarshi. Shaikh Have not mentioned the mizaj of sauda (may be because he couldn't come to conclusion) or may be because sauda is a jins Which consists of different kinds of fluids which may have different mizaj and properties. According to Abu sahl masihi, sauda is hot but less hotter than safra and little bit more hot than blood.

Sauda is formed in the body by two methods

1. By precipitation ----> called as Rasooobi sauda
2. By oxidation or burning or Ihteraaq ----> saudae-ihtraaqi.

Sauda Rasooobi is obtained only from blood. So, this type of saudae is Normal saudae.

Functions

1. It increases the Viscosity of blood (Taghleez-e-Qiwaam).
2. It takes part in nutrition of organs especially nutrition of cold and dry organs Like bones cartilage ligament etc..
3. As Appetizer:-

There are two views in this

a) Hunain bin Ishaq is of the view that Acidic fluid in the stomach is responsible for initiating hunger or Appetite.

Easy to believe this, but Question is, is this fluid related to saudae?

b) A fluid comes from spleen to stomach through pancreas, which increases Appetite.

This acidic fluid fromed from which khilt and where?

So the second group of people believe that this is form from soda in spleen. Difficult to believe, but it is a fact that a fluid comes from pancreas to stomach.

Normal and abnormal saudae

1. Normal Saudae is the sediment or deposit of blood.

2. It performs the functions as the normal one does.

Abnormal:- Produced due to oxidation or burning of any khilt or due to oxidation of sauda itself.

This ihteraaq is the normal phenomenon that is slightly altered quality wise or its quantity will be little bit deviated from the normal tract or pathway.

Any khilt changing into sauda means As the alteration of colour of blood is possible likewise safra, and phelgm can also undergo this type of change so that their components will turn into black colour. Ihteraaq of sauda e taba'i (Normal sauda) means any change in its mizaaj due to which its states (condition) or quality changes But black colour still persist.

It means as the normal sauda is black coloured, abnormal sauda which is formed from normal sauda will also be black in colour.

Hence abnormal sauda is of four types.

1. Sauda-e-Damwi.
2. Sauda-e-Balghami
3. Sauda-e-Safrawj
4. Sauda-e-Saudawi

Sauda-e-Damwi:- This Abnormal sauda is formed from Ihteraaq of Khilt e dam (Blood). Abu sahl Called the Sauda e Damwi as Dam-e-Aswad (Black Blood).

Sauda-e-Balghami:- This Abnormal sauda is formed from Ihteraaq of Khilt e Balgham (Phelgm).

Sauda-e-Safrawi:- This Abnormal sauda is formed from the Ihteraaq of Khilt e safra.

Sauda-e-Saudawi:- This Abnormal sauda is formed from Ihteraaq of Khilt e sauda itself.

Black coloured fluids in the body

1. Melanin: This black colour pigment is responsible for black colour of hair, skin, eyes. Black skin tone of africans is also because of this khilt. Melanin is produced by cells known as melanocytes in the skin. It comes in two basic forms: eumelanin (brownish color) and pheomelanin (reddish- brown color). Both are formed within the melanocytes by the initial oxidation of the amino acid tyrosine with the aid of the enzyme tyrosinase; subsequently their synthetic pathways diverge.

Melanin is produced as a response to UV radiation in order to prevent damage to the DNA in the integument. Individuals, who are exposed to UV light, such as the sun, will produce more melanin for protection.

A deficiency in melanin can lead to several disorders and diseases. For example, a complete absence of melanin causes a condition called albinism. Melanin deficiency has previously been associated with various genetic abnormalities and congenital defects.

2. Black iron components

When rbc is breakdown hemoglobin liberates, Which divides into two parts heme and globin. Heme takes part in preparation of iron components, which are black in color. These components are stored in bone marrow, spleen and liver.

Example:- Apophyrin, Ferritin, Haemocitrin, hemosiderin etc

This saudavi components take part in nutrition and also takes part in production of hemoglobin, through which respiratory gases are transported.

Sometimes discordance in haemoglobin occurs and it turns black coloured. And it can't perform its functions. This is the best example of abnormal sauda. eg. Methemoglobin is a hemoglobin in the form of metalloprotein, in which the iron in the heme group is in the Fe³⁺ state, not the Fe²⁺ of normal hemoglobin. Methemoglobin cannot bind oxygen, which means it cannot carry oxygen to tissues. It is bluish chocolate-brown in color.

This abnormality develops because of disharmony of any khilt or because of certain medications.

3. Mixing of hemoglobin wit other components, results in blackish discoloration of the khilt.

Eg. Hb + CO₂-----> Carbohemoglobin

Hb + CO -----> Carboxyhemoglobin

Hb + Sulfide -----> Sulphahemoglobin

All the resultant products are black colored.

When hemoglobin is devoid of oxygen it turns bluish or blackish. That's why arterial blood is dark red. whereas venous blood is purplish red in colour.

4. Bilicyanin:- Formed due to oxidation or burning of biliverdin. Colour is black aur blue. According to some physician, this is included in Sauda-e- Saudawi and according to some it is a type of Sauda-e-Safrawi.

DISHARMONY OF KHILT-E-SAUDA

Symptoms

Yellowish brown to black colored skin, dryness, increase appetite, anxiousness, sadness, reddish black urine, excess growth of hair on body along with pain at spleen, sleeplessness and dreams of black objects.

DISEASES

Black discoloration of skin, cancers, tumors, Melancholia, psychological disorders, depression, anxiety, Juzam (leprosy), Sartan (cancer), Tumors, Davali (varicose vein). Da ul Fil (elephantiasis), Hummiyat Ruba (Type of fevers) are common disease condition related to Khil Sauda despite of above said disease, Sue Hazm (indigestion) and Sahr (insomnia) are also noticed in disharmony of Sauda.

CONCLUSION

Concept of Akhlat e Arba' was proposed by Hippocrates and it is considered as unique, fundamental and

important concept in Unani system of medicine. Division of body fluids depending on most dominant quality i.e colour is the most apparent thing. Today science have done so much research about the fluids location, color, concentration, constituents, pH, it's functions and benefits. In whichever place the fluids is present and whatever function it is performing, it's color is under the four divisions, what is described by our physicians.

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