



**TADABEER E MASHAIKH (REGIMENS FOR ELDERLY) IN UNANI  
SYSTEM OF MEDICINE**

**Abdul Azeez Rizwana<sup>1\*</sup>, Arish Mohammad Khan Sherwani<sup>2</sup> and MHM Hafeel<sup>3</sup>**

<sup>1</sup>PG Scholar, Department of Tahaffuzi Wa Samaji Tib, National Institute of Unani Medicine,  
Bengaluru.

<sup>2</sup>Reader, Department of Tahaffuzi Wa Samaji Tib, National Institute of Unani Medicine,  
Bengaluru.

<sup>3</sup>PG Scholar, Dept of Moalijat, National Institute of Unani Medicine, Bengaluru.

Article Received on 06/07/2015

Article Revised on 30/07/2015

Article Accepted on 24/08/2015

**\*Correspondence for  
Author**

**Dr. Abdul Azeez Rizwana**  
PG Scholar, Department of  
Tahaffuzi Wa Samaji Tib,  
National Institute of Unani  
Medicine, Bengaluru.

**ABSTRACT**

*Mashaikh* (old age) is most vulnerable and respectable group among all. *Mashaikh* is considered as being  $\geq 60$  years of age. Older adulthood there is a gradual loss of functioning cells with reduced cell metabolism. As a result body organ systems gradually lose some capacity to do their functions and maintain their reserves. Ilaj bil tadabeer for geriatric had been mentioned in unani system of medicine.

Especially diet, massage, exercise, nuthool and hammam for old were clearly mentioned to prevention of lifestyle disorders and preservation of health.

**KEY WORDS:** GERIATRIC, MASHAIKH, UNANI SYSTEM.

**INTRODUCTION**

Ageing has been defined as progressive, generalized impairment of functions leading to loss of adaptive response to stress and growing risk of age related diseases, resulting in progressive increase in age specific mortality. The overall effect of these alterations is an increase in the probability of dying, which is evident from the rise in age specific death rates in the population.<sup>[1]</sup>

According to the Unani physicians, entire span of life consists of four stages based mainly on *Rutoobate Ghareeziya* (natural fluid) and *Hararate Ghareeziya* (innate heat) present in the

body. These stages are jointly known as *Asnane Arbaa*. i.e *Sinne Numoo* (growing age), *Sinne Shabab* (adult age), *Sinne Kuhoolat* (middle age) and *Sinne Shaikhookhat* (old age).<sup>[2,3]</sup>

Ageing affects almost all systems of the body, and is associated with several physiological, metabolic and psychological changes. Unani system of Medicine lays rules for a balanced lifestyle, which revolves around six essential factors (*Asbab e Sitta Zarooriya*); these are atmospheric air, dietetics, rest and physical activities, psychological activities and rest, sleeping patterns and wakefulness and eliminations and retentions. Especially diet, massage, exercise, nuthool and hammam for old were clearly mentioned in classical unani literature.<sup>[4]</sup>

### ***Sinne Shaikhookhat /Mashaikh (old age)***

This is the age after 60 years till death. The *Mizaj* is *Barid wa Yabis* (cold and dry) (extremely). During this stage, quantity of the *Rutoobate Ghareeziya* (natural fluid) is deficient and lesser than the quantity required for the preservation of *Hararate Ghareeziya* (innate heat). There is also dominance of *Rutoobate Ghareeba* (abnormal metabolic product). In this period, there is an insidious decline in organ functions.<sup>[2,3]</sup> The physiology of old age is described meticulously in terms of basic fundamentals like temperament, humours, faculties etc. The proportion of humours in them is considered much different from those of children and any young people.<sup>[5]</sup>

Older adulthood there is a gradual loss of functioning cells with reduced cell metabolism. As a result body organ systems gradually lose some capacity to do their functions and maintain their reserves.<sup>[6,7]</sup>

Health is maintained by equilibrium of *Akhlate Arbah* i.e Dam (Sanguinous humour), *Balgham* (Phlegm), *Safra* (Bilious humour), *Sauda* (Atrabilious humour).<sup>[3,5,8,9]</sup> As long as these humours remain in equilibrium, health is maintained and derangement in these either qualitatively or quantitatively leads to different diseases. Since the equilibrium mechanism becomes weak as the age advances due to decline in *quwat wa affal* (power and function), hence leads to various age related diseases and lifestyle diseases in *Mashaikh* (old age).<sup>[5]</sup>

### ***Tadabeer e Ghiza for Mashaikh***

Lack of appetite and indigestion are common among elderly. Some of the physical changes of ageing affect food patterns. For example, secretion of digestive juices and motility of

gastrointestinal muscles gradually decrease. This causes decreased absorption and use of nutrients. Also decreased taste, smell, and vision affect appetite, and individuals eat less.<sup>[6,10]</sup> According to their digestion and physical strength the old people should be served with small amount of food at a time and thus fed two or three times a day.<sup>[8,11]</sup>

Diet is an important component in six essential factors (asbab e sitta zarooriya). The Unani system of medicine believes that a physician is not the healer but an assistant to nature *Tabiyat* (physique) of the body, which is the true healer hence the diet should be in accordance with it. Diets have been mentioned according to various stages of life to maintain the digestive system at its best.<sup>[4]</sup>

*Tadabeer e Ghiza*, according to Unani physicians, in old age there is dominancy of buroodat and yaboosat, therefore *musakkin* and *murattib* (demulcent and moisture) diet should be advocated for elderly people.<sup>[5]</sup>

The dietotherapy is an important part of Traditional Medicine, it not only nourishes and strengthens the body, but it can also prevent diseases and prolong life.<sup>[4]</sup> According to the *mizaj* of old person, it is to adopt both moistening and warming foods and drinks in their diet. They should avoid any heavy food which produces black bile and phlegm and similarly avoid any hot, pungent, and desiccant food, such as *kawa-mikh* (some kind of sauce and pickles).

Garlic and ginger like hot preserves are suitable for digestion and should be taken in less quantity otherwise produce dryness.<sup>[5,8,9,11,12]</sup>

Though energy needs decline with age, macronutrient needs are similar throughout adulthood. With ageing, energy needs decrease but recommendations for several nutrients, including calcium, vitamin D, and vitamin B-6 is higher. Intakes of micronutrients, especially calcium, zinc, iron, and vitamin B-12, decline in older adults. Older adults can meet protein needs on a vegetarian diet if a variety of protein-rich plant foods, including legumes and soy products, are eaten daily.<sup>[15]</sup>

Balance diet (*mutawasin ghiza*) is mentioned in various classical unani literatures for elderly. Goat's milk and donkey's milk are good for old age because more nutritious and passes down quickly. Food such as meat-soup prepared with roasted Roman wheat and barley is highly nutritious and good for elderly.<sup>[5,8,9,11,12]</sup>

**Riyazat (Exercise)**

Obesity, diabetes mellitus, hypertension and osteoarthritis are major lifestyle disorder among old. Reducing body weight by eating few calories and taking regular exercise also, increased physical activity can lead to improved glycaemia, decreasing insulin resistance, and reduced cardiovascular risk factors. Diet and exercise form the corner stone of therapy of older person.<sup>[13,14]</sup> Exercise in old age is to be different for different individuals. Exercise should be recommended according to the body organs status. If the ailment is any part of the body, exercise should be avoided by only the affected part. Regular and moderate (moatadil) exercise causes musakkin effect therefore after digestion of food, moderate riyazat is recommended for elderly for the purpose of evacuation of accumulating morbid matters after digestion and it prevent various disease like hypertension ,diabetes, osteoarthritis and enhances immunity.<sup>[5,8,11]</sup>

**Dal'k (Massage)**

Massage is very famous remedy in unani system. It strengthens the nerves and enhances blood supply to body. Mainly massage causes rehabilitation of affected part of the organs. Moderate (moatadil) massage should be recommended with hot oils that produce mussakin effect. Weak and painful part of the body should not massage. Massage strengthens the body and organs, liquefy the thick morbid mada and draw them to surface of the body for elimination.<sup>[5,8]</sup>

**Nutool (Pouring)**

Nutool therapy is one of the important components of various procedures of systematic purification techniques of Ilaj bitTadbeer. Insomnia is a unique and complex problem in geriatric population. Oils which are having murattib (moisture), munavvim (induces sleep) properties have been mentioned for nuthool therapy who was suffering from insomnia. Ancient physicians had tried it with good results.<sup>[16]</sup>

**CONCLUSION**

Some of the important regimens were prescribed for geriatric care in ancient Greco Arabic Medical system. Geriatrics and gerontology is the main branch of medical system. Increasing elderly population is leading to major burden to health care delivery system in India. Life style modification is the integral part in health promotion and preservation. Simple way of management along with life style modification for common geriatric problem had been recommended in unani system of medicine since ancient time.

**REFERENCE**

1. Munjal YP. API Text book of medicine. Vol.2. 9<sup>th</sup> ed. Mumbai: The association of physicians of India., 2012; 2038-2039.
2. Majoosi Ali ibn Abbas. *Kamilus Sana'ah* (Urdu translation by Kantoori Ghulam Hasnian). 1<sup>st</sup> ed. New Delhi: Idara Kitabush Shifa., 2010; 154,467,472,527.
3. Ahmed SI. Introduction to *Al-Umur-Al- Tabi'yah*. 1<sup>st</sup> ed. Delhi: Nuzhat Ishtiaq., 1980; 44-45.
4. Roohi Zaman, Basar SN, Farah SA. Dieto Therapy in Unani System of Medicine. *IJPCBS.*, 2013; 3(4): 1035-1039.
5. Malik Itrat, Zarnigar, Haque N. Concept of aging in Unani Medicine. *Int.J.Res. Ayurveda Pharm.*, 2013; 4(3): 1-4.
6. Williams SR. Basic Nutrition and Diet Therapy. 10<sup>th</sup> ed. US: Mosby., 1995; 221-225.
7. Williams SR. Essentials of Nutrition and Diet Therapy. 6<sup>th</sup> ed. US: MOSBY., 1994; 414-418.
8. Ibn Sina. *Al Qanoon fit Tib* (English Translation of the critical Arabic text). Book 1. Jamia Hamdard, NewDelhi., 1993; 299-301.
9. Grunner O Cameron. A treatise on the canon of Medicine of Avicenna. London: Luzac and Co., 1930; 111: 358-360.
10. Kirkman S, Briscoe VJ, Clark N, Florez H, Haas L, Halter JB, *et al.* Diabetes in older adults. The American Diabetes Association and American Geriatric Society., 2012; 1-15.
11. Ibn Rashd. *Kitabul kulliyat* (Urdu translation by CCRUM). New Delhi: CCRUM; 1980; 342-360.
12. Mazhar H Shah. The General Principle Avicenna's Canon of Medicine. New Delhi: Idara Kitabush Shifa., 2007; 280-281.
13. Krishna Das KV. Text book of Medicine. 5<sup>th</sup> ed. New Delhi: Jaypee brothers medical publisher (P) LTD., 2008; 544-546,554-556.
14. Rizvi AA. Nutritional challenges in the elderly with diabetes. *International Journal of Diabetes Mellitus.*, 2009; 1: 26-31.
15. Anonymous. American Dietetic Association: Vegetarian Diets. *Journal of the American Dietetic Association.*, 2009; 109(7): 1266-1282.
16. Jahan M, Shervani A.M.K, Ahmed V, Firdose F.K, Ansari A.N, Jahan N. An interventional trial to evaluate efficacy of *Nutool Therapy* in control of Primary insomnia among elderly using Structured Insomnia schedule. *International Research Journal of Medical Sciences.*, 2014; 2(2): 1-6.