

REVIEW ON RIYADAT (EXERCISE) - A FORGOTTEN REGIMEShameem Ahmad Rather^{1*}, Abdul Nasir², Parvaiz Ahmad Dar³ and Dr. Arsheed Iqbal⁴¹Reader, Department of Moalajat, RRIUM, Srinagar.²Reader, Department of Ilaj Bil Tadbeer, NIUM, Bangalore.³Reader, Department of Ilmu Advia, RRIUM, Srinagar.⁴Research Officer, RRIUM Srinagar.***Corresponding Author: Dr. Shameem Ahmad Rather**

Reader, Department of Moalajat, RRIUM, Srinagar.

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ABSTRACT

RIYADAT (Exercise): *Riyadat* is a pillar of preventive health; if an average *Riyadat* is done regularly it will keep almost all the drugs used for evacuating the morbid matter away. As the food we take for growth, development and maintenance is metabolised to some useful extract and some unwanted morbid matter which though excreted through stool, urine or sweat etc, a portion of it remains in the body and when this small quantity gets accumulated on daily routine basis it is then transformed into the harmful humours. These harmful humours need to be evacuated either by the use of laxatives or by the relevant regime. When we use drugs like laxatives or purgatives after using the basic principle of concoction these drugs have some unwanted effects on the organs they act. These drugs can't differentiate between the useful and morbid matter and as a result (*Tabi-at*) medicatrix naturae would like to neutralise the unwanted effect of the drug which lead to evacuation of morbid as well as good humours. So we need to go for the relevant regime which in our texts is described as *Riyadat*.

KEYWORDS: Riyadat, regime, humours, laxatives.**INTRODUCTION**

Unani physicians have suggested a regimen which is known as *Riyadat*, Ibne Nafees a famous Unani philosopher mentioned that "there is no alternative of *Riyadat* present in the tibt"^[1]

A moderate *Riyadat* not only dissolves the each and every part of morbid/ waste matter but also diverts them to the nearest possible outlet. A moderate exercise dissolves the morbid matter in such a way that there is no hindrance for the medicatrix naturae to evacuate the morbid matter.^[2,3]

***Riyadat* (Therapeutic Exercise)**

Therapeutic exercise is the systematic and planned performance of body movements or exercises which aims to improve and restore physical function. Exercise is defined as "activity that is performed or practiced to develop or improve a specific function or skill to develop and maintain physical fitness.

Riyadat is a voluntary movement with the purpose of *Tanqiyae mawad* (evacuation of wastes material) for an individual.^[4] It plays an important role not only in maintaining good health and prevention of diseases but also in curing certain ailments as well. The objectives of performing *Riyadat* are as follows:

1. To improve *Istehala* (metabolism) for proper functioning of the body.^[5, 6]
2. To remove waste product from the body,
3. To maintain or improve flexibility of the body,
4. To maintain coordination and balance of the musculoskeletal system of the body,
5. To relieve anxiety, insomnia and depression as well.^[5]
6. *Riyadat* increases the strength of the muscles by producing number of neuromuscular changes and changes like hypertrophy of muscle fibres metabolic/enzymatic adaptations, increase in size and number of myofibrils and connective tissue tensile strength.^[7]
7. *Riyadat* has significant effect in ambulatory profile and rehabilitation of gait.^[7] Post stroke spasticity.^[7]
8. *Riyadat* is believed to be a very important component for the rehabilitation of post stroke hemiplegia.^[8]

Accurate timing for *Riyadat* (exercise)

Most Unani physicians have mentioned that one should perform *Riyadat* (exercise) only after the ingested food is digested i.e. after whole night sleep or after he has slept for long duration so that the urine he passes after he wake up be yellow coloured. Further Unani physicians have advised when a person feels lethargic he should take rest or he should sleep and after waking up he

should do whole body massage followed by micturition and observe the colour of urine he passed. If the urine is of water colour he should sleep again till his urine colour is changed to pale and bowl is cleared then only he should perform *Riyadat* (exercise) and this is the best time for *Riyadat*.^[2, 3]

Every person should do *Riyadat* according to his structure and strength and continue till he is tired. By doing *Riyadat* body's *Hararat Ghariziyya* (innate heat) is stimulated that help in evacuating the morbid matter formed in the process of digestion.^[9]

Types of *Riyadat*

Some exercises are done unintentionally as we do our daily routine occupational work like iron smith, farming etc to feed ourselves and our families. But some forms of *Riyadat* is done intentionally to gain some benefits. It is of various types depending on strength, duration, pace and the organ to be exercised. e.g., exercises of hands and feet, exercises of respiratory system or the exercises of whole body etc.^[3, 10]

Modes of *Riyadat*

Different modes of *Riyadat* have been mentioned in the Unani texts and these are advised according to the need/facility. Some of them are as follows:

1. Ahzar- running and racing.^[3,5,11,12,13]
2. Archery^[3,5,11,12]
3. Carriage riding^[5,11,12]
4. Hooping on one foot^[5,11,12]
5. Horse riding^[3,11,12,13,14,15, 16]
6. Khafaq bil dain (standing on toes keeping the arms raised in front of the chest and move forward and backward in quick succession.)^[5,11,12]
7. Mubatihshat (trials of strength against each other)^[5,11,12,15]
8. Mulakzat (boxing)^[3,5,11,12,15]
9. Mujahidazal (fighting with own shadow with sword)^[11]
10. Musabiqat (brisk walking)^[3,5,15,11,12,13]
11. Musariyat (wrestling)^[3,5,11,12,13,14,15]
12. Soobjan (playing with balls)^[5,11,12]
13. Stone lifting for shoulder movements and for pronation and supination of forearms.^[5,11,12,16]
14. Swinging^[11,12,16]
15. Tabtaab baazi (sword play or fencing)^[3,11,12]
16. Tafer (jumping)^[5,11,12]
17. Tasfeeq bil kafeen (clapping)^[5,11,14,15]
18. Zobain (juvelian throwing)^[3,5,11,15]
19. Zoraq wa zamariya (boating)^[11,12]

Fast and strenuous exercise e.g. wrestling and running fast is for the strong and well built people in whom the morbid matter is formed in abundant quantity. Average exercise e.g. walking with pace is for the people with average built and slow exercise e.g., riding on an animal with average pace is for the lean and thin people.^[3]

Preventive measures

One should not take food immediately (at least for one hour) after *Riyadat* as it may lead to the formation of obstruct.^[2, 9]

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