

**PREVENTION AND TREATMENT APPROACH IN UNANI MEDICINE AGAINST  
COVID-19- A REVIEW**

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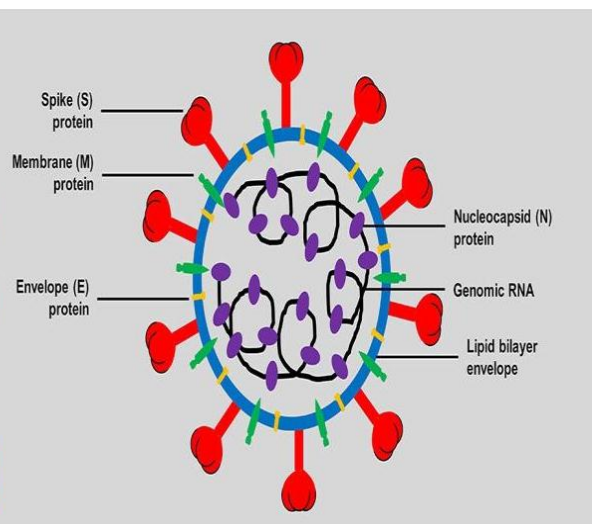
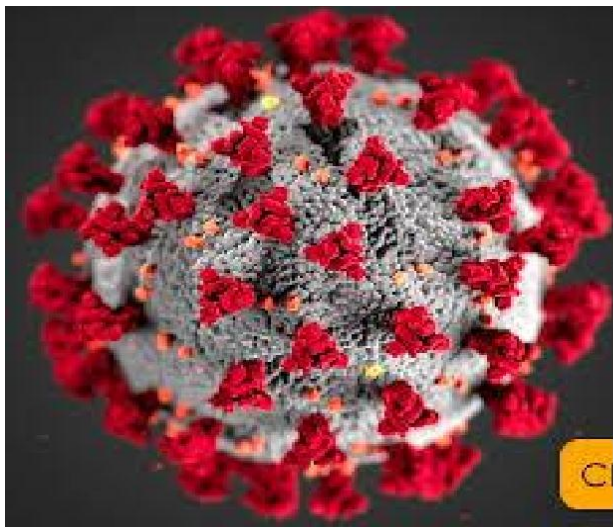
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**ABSTRACT**

The ongoing pandemic Corona virus disease (Covid-19) is a public health emergency of international concern and has posed a major challenge to global public health. It's a Novel infection which is caused by SARS CoV-2 with Serious Clinical manifestation i.e. Fever, Cough, Cold, Respiratory distress further may result into Death. Environmental factors Air pollution, Smoking and other Systemic illness (DM, HTN, Asthma) likely increases the severity of Covid-19. Immune response is essential to eliminate virus and to Preclude disease progression to severe stages. Therefore, Strategies to boost immune response are certainly important. **Objective-** At this time there is no effective pharmaceutical treatment for covid- 19. Therefore, the major aim of this systematic review is to summarize the evidence regarding the preventive measures, control options such as immunostimulator and prophylactic treatment in Unani medicine against Covid- 19. **Methodology-** Through Ancient Unani literature, Journals related to epidemics and its comparison with Covid-19. **Conclusion-** Present review has been studied in the light of Unani medicine. Which conclude that Unani drugs and their Formulation has potency to manage Covid-19.

**KEYWORDS:** Covid-19, Immunostimulator, Unani Medicine, SARS, Immune response.

**INTRODUCTION**

The Novel Corona virus disease (Covid-19) is a major public health emergency of international concern. Which is caused by Severe Acute Respiratory Syndrome Corona Virus-2(SARS-CoV-2).<sup>[1,2,3,4]</sup> SARS-CoV-2 is a zoonotic virus which belongs to the Coronaviridae family that can infect human as well as other animal Species family. It is positive sense, single stranded RNA enveloped virus that is 50-200nm in diameter currently Seven strains human

CoV-2 have been confirmed among which four are common types i.e. 229E (Alpha corona virus), NL63 (Alpha corona virus), OC43 (Beta corona virus), HKU1(Beta corona virus). It is believed that SARS CoV-2 has been introduced into human by an unidentified intermediary animal and then has been transferred from human to human. In comparison to SARS and MERS, COVID-19 spreads more rapidly. The disease is thought to be mainly transmitted through droplet infection,

touching and shaking hand with infected individual may also transmit the infection.<sup>[5]</sup> Researcher has also believed that virus may be transmit via fluids. i.e. mucus. Symptoms appear after an incubation period of two weeks. During this week virus replicates in the upper and lower Respiratory tracts. Common symptoms in infected individual include fever, cough, sore throat, Runny nose, breathlessness and the lesion in the lungs.<sup>[4,5,6,7,8,9,10]</sup> Severity of COVID-19 symptoms may range from mild to moderate. About 80% confirmed cases of Covid-19 were Mild or less severe and Mortality and morbidity Usually Reported in Older age Groups.<sup>[8,11]</sup> The national institute suggest that several groups are at high risk for developing complication due to covid-19 i.e. Pregnant women, People above 65 years and Young children.<sup>[12,13]</sup>

**Unani perspective-** As per Unani medicine Exact term or disease is not mentioned in Unani literature but it can be explained under the heading of *Humma-e-Wabaiya*-Symptoms of *Humma-e-Wabaiya* and covid-19 looks very much similar.<sup>[14,15]</sup> Include- fever which is mild to moderate usually rises at night often result into death. Patient feels burning sensation and assertiveness Along with breathlessness, dry cough, dry and coated tongue with loss of appetite, pain in upper part of stomach, nausea, polydipsia, weakness, lack of sleep, sometimes red rashes appear over the skin which subside quickly. If effective treatment is not provided at right time then it may lead to death.<sup>[14,15,16]</sup>

**Concept of *Humma-e-Wabaiya***- This is the type of catastrophic fever which occurs due to unavoidable changes in the Air (qualitatively or quantitatively). As a result Air become impure and finally it give rise to abnormal temperament of *Rooh* which subsequently results into morbidity and mortality. As fresh and pure Air is essential for health, any contamination in the Air may affect the health of any person and it depends on the intensity of contamination. Mainly those people are susceptible that have a weak immune system i.e. older and children, accumulation of waste humours and widening of skin pores. *Rabban tabri* stated that people who have excess waste material in their body are usually affected with *Humma wabaiya*.<sup>[15,17]</sup>

Unani physicians have given importance to the prevention of disease and promotion of health is better than cure that can be achieved by maintaining a proper equilibrium in *Asbab-Sitta-Zarooria*, That is six essentials of life and Which play an important role in the maintenance of human health. The six essential factors are as follows, *Hawa-e-Muheet* (Air), *Makool wa Mashrubat* (food and drinks), *Harkat wa Sakoon jismani* (Rest and physical activity), *Harkat wa Sukun-e-Nafsaani* (psychological activity and repose), *Nuam wa yaqza* (Sleep and wakefulness), *Ishifragh and Ihtabas* (Elimination and retention). When all six factors are in equilibrium health is preserved, otherwise it requires modification.<sup>[18]</sup>

Unani physicians also describes the concepts of *Tabiyat*, Which is a Supreme planner of the body to create a healthy environment within the body and prepare to fight against the diseases. If *Tabiyat* is strong then a person doesn't suffer from disease easily, If *Tabiyat* weakens an Individual becomes prone to disease, Thus the *Tabiyat* plays main role to provide the general administration as well as defence or immunity. Unani physicians recommended improving the body immunity and strengthening the *Tabiyat* for restoration and prevention from diseases. Hippocrates stated that there is special ability hidden in every individual called the defense mechanism of the body or we can say it *Quwwat-e-Muddabbira Badan*. Stimulation of immunity is quite an ancient approach to prevent or control the disease. There are many drugs of plant as well as mineral origin that have immunostimulatory property and effective to strengthen the immune system. Because Immune response plays important role and is essential to control and eliminate the infectious diseases.<sup>[19]</sup>

### Diagnosis

Clinical diagnosis of Covid-19 is mainly based on epidemiology, history, Clinical features and some auxiliary examination, such as Nucleic acid detection. Commonly used techniques for SARS-COVID-19 nucleic acid are RT- PCR. Apart from this we can predict it by *Nabz* (Pulse) and *Baraaz* (Stool), Usually *Nabz* becomes *Sagheer wa Mutawatir*, and the *Baraz* (stool) of infected person has foul smell.<sup>[15,20]</sup>

Based on the published evidence we are discussing here the preventive measures and treatment approach for covid-19 Pandemic.

**Principle of management-** Since at this time there is no approved or effective treatment for covid-19, prevention is crucial. following measures are effective not only for managing but also preventing and decreasing the susceptibility of getting involved in disease.

**Prevention-**Unani physicians recommended for open and airy house with proper Ventilation, Keep patient in Cold place, Sprinkle Garlic and Onion at the walls of the house. Elimination of *fuzlaat* (waste material) is necessary in order to maintain health, for this perform venesection and take less of amount of meal. Unani physicians recommended use of laxatives and diuretics Which beneficiates during the initial phase of epidemic. Isolation of infected person from healthy person. Patient as well as health care workers should be asked to wear a surgical mask. Unnecessary traveling should be avoided at this time.<sup>[15, 21, 22]</sup>

**Treatment:** In Unani Classical Literature several single drugs as well compound formulations have been used for several decades Which Possess Immunostimulatory, Antipyretic, Expectorant as well as antiviral properties, among which, Few Drugs are mentioned below.

Garlic (*Allium sativum L*) has acquired a reputation in different traditions as prophylactic as well as therapeutic medicinal plant. Unani physicians recommended garlic is useful in following conditions i.e Cough, Infection, inflammatory conditions apart from this Garlic Contains Fructooligo-Saccharides which is responsible to stimulate the immunity. few studies have shown Garlic contains antiviral properties too.<sup>[23,24]</sup>

Gilo (*Tinospora cardifolia*): The main action is Antipyretic, diuretic, Immune stimulator. Study reveals that it contains polysaccharides, Such as Arabinose, Glucose and Fructose which induces nonspecific immune response. The daily recommended dosage is 3-5 gm.

Rehaan (*Ocimum sanctum*): It possess demulcent, expectorant and antipyretic property. Prophylactically we can use this in epidemic Fever. The daily dosage is 1-3 gm.

Godanti (*Gypsum selenide*): It is medicinally used in the form of *Kushta*. It is used in respiratory disorders like bronchitis, also used in epidemic fevers. The daily recommended dosage is 60 mg.

Asalsoos (*Glycyrrhiza glabra*): The main action is Tonic, Cooling, Demulcent, and Expectorant. Recent Studies have shown that the extract of Asalsoos broke down the envelope of the Virus and is capable to fight against virus. The daily dosage is 3-4 gm.

Afsanteen (*Artemisia absinthium*): The herb possesses febrifuge, diaphoretic, Antiseptic and promotes digestion. The herb is also used in viral fevers. The daily dosage of the drug is 3-5gm.

Asgandh (*Withania somnifera*): Commonly used drugs which have multitarget effects responsible to boost the immunity. Root and leaves are used medicinally. Its mainly used in cough, asthma.<sup>[25,26,27]</sup>

Unani physicians recommended Hiltet is very effective during the period of epidemics. Along with following formulation. Qurs Kafoor (*Cinnamomum camphora*) 4gm, along with Sharbate Anareen (*Punica granatum*) 12ml and add Aab- kasni taza marooq (*Cichorium intybus*), Aab anab us saulab (*Solanum nigrum*) each having 80ml quantity, Sikanjabeen sada 30ml we have to mix all and use it for the epidemic fever.

Sibr (*Aloe barbadensis*): The immunomodulator action has been seen in extract of leaves of Aloe vera. The daily recommended dosage is 1-2 Ratti.<sup>[15,21,28]</sup>

It has been studied that Tiryaq-wabai has Immunostimulating effect in humans. Avicenna and Galen Stated that Tiryaq- wabai plays important role in controlling the epidemic fever.<sup>[29,30]</sup>

## CONCLUSION

As we have studied the emerging disease in the light of Unani system of Medicine, and Unani medicine strives to find the best possible ways by which a person can live a healthy life. As per Unani physicians' Holistic approach of Unani medicine gives focus on prevention through life style modification which can be achieved by keeping balance in *Asbab sitta zarooria*, dietary Management, prophylactic drugs to boost the immunity and some other Medicines based on the presentation of the symptoms of the disease. So above facts suggest the Importance of of Unani drugs as well as preventive measures which have been used for several decades in the treatment of various respiratory illness which are similar to covid-19. The main purpose is to reduce the burden of the disease.

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