MAINSTREAMING UNANI MEDICINE IN PUBLIC HEALTH

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ABSTRACT
The Unani system of Medicine originated in Greece by Greek philosopher-physician (Buqrat) Hippocrates (460 – 377 BC) who gave it the status of Science. Arabs introduced Unani system of Medicine in India and soon it became famous in India. Central Council for Research in Unani Medicine (CCRUM) was established in 1978. Its headquarter is situated in New Delhi. At present the CCRUM promotes, supports Unani system of Medicine and performing scientific research in Unani Medicine by 23 research centres across the country. Public health is defined as “the art and science of preventing disease, prolonging life and promoting health through the organized efforts of society”. Recently with the emergence of newer technologies and the sedentary lifestyle many Non Communicable Diseases (NCDs) such as Cardiovascular disorders (Hypertension), Diabetes Mellitus, Cancer, Stroke, Degenerative Disorders etc has emerged has major issues which need to be addressed, prevention and management of such diseases are the need of hour of Unani.

KEY WORDS: Hypertension, Diabetes Mellitus, Cancer, Stroke.

INTRODUCTION
The Unani system of Medicine originated in Greece by Greek philosopher-physician (Buqrat) Hippocrates (460 – 377 BC) who gave it the status of Science. Arabs introduced Unani system of Medicine in India and soon it became famous in India. Central Council for Research in Unani Medicine (CCRUM) was established in 1978. Its headquarter is situated in New Delhi. At present the CCRUM promotes, supports Unani system of Medicine and performing scientific research in Unani Medicine by 23 research centres across the country. Public health is defined as “the art and science of preventing disease, prolonging life and
promoting health through the organised efforts of society”. Health is a fundamental right for every citizen as per the constitution and Public Health is used as an indicator for the development of a nation. The major challenges faced today are economic crisis, increase in the ageing population segment, emergence of chronic diseases, environmental and climate related changes, lack of access to to quality healthcare in many areas. AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Sidha and Homoeopathy) have been in existence since centuries and well accepted as a part of mainstream health provider in India.

Present Status of Unani Medicine Services in India
As far as the present status of Unani Medicine in India is concerned the country has the largest infrastructure of academics, research and healthcare institutions of this system. There are 41 educational institutions of Unani Medicine in the country that are recognised by Central Council of Indian Medicine (CCIM), a statutory body established by Government of India by an act of Parliament, the Indian Medicine Central Council (IMCC) Act, 1970. The health care services have undergone a steady transformation with the wide coverage of every aspect of human welfare as part of health care like physical, mental and social wellbeing, a reach out to the community, training of health workers, bio social researchers etc.

A Hospital forms an integral part of a social and medical organization, the function of which is to provide for the complete healthcare in terms of both curative and preventive aspect. The hospital is also a centre for the training of health workers and for biosocial research. The health is influenced by accessibility, affordability, quality, availability and utilization of health services. Traditionally the aim of healthcare facility is to provide Promotion of health, Prevention of disease, Early diagnosis and treatment and Rehabilitation.

At present the services of Unani System of Medicine is provided in public health by Research institutes/Centres/ Programmes of CCRUM, State Unani Dispensaries, State Unani Medical colleges & Hospitals, National Institute of Unani Medicine (Bangalore), Central Government Health Scheme (CGHS) dispensaries and Private Practitioners of Unani System of Medicine. Presently AYUSH clinics have been started at AIIMS Bhopal and AIIMS Raipur.

**KEY POINTS FOR MAINSTREAMING UNANI MEDICINE IN PUBLIC HEALTH**

- Prevention is better than cure. In Unani system of Medicine *Asbab Sitta Daruriyya* (Six Essential factors of life) on which the health of the body depends, any imbalance in these
factors is responsible for various diseases. By adopting these six essential factors the
diseases may be prevented. So today it is the need of hour to publicise these essential
factors in hospitals/Unani Dispensaries/Bus Stops/Railway Stations etc in the form of flex
banners/hoardings. As now a days the use of WhatsApp, Face book has increased. So Six
Essential factors may be uploaded on Social Media (Whats App, Facebook, Instagram,
You tube etc).

- Recently with the emergence of newer technologies and the sedentary lifestyle many
  Non Communicable Diseases (NCDs) such as Cardiovascular disorders (Hypertension),
  Diabetes Mellitus, Cancer, Stroke, Degenerative Disorders etc has emerged has major
  issues which need to be addressed, prevention and management of such diseases are the
  need of hour of Unani. Presently there is decline in the mortality of Communicable
  Diseases in compare to Non Communicable Disease (NCDs). NCDs kill 40 million
  people each year, equivalent to 70% of all deaths globally. Each year, 15 million people
die from NCDs between the ages of 30 and 69 years; over 80% of these “premature”
deaths occur in low- and middle-income countries. In India, as per the NCD country
profile 2014 published by the World Health Organization, the overall mortality due to
NCDs was 60%. The disease-specific share was for cardiovascular diseases—26%,
cancers—7%, diabetes—2%, chronic obstructive pulmonary disease (COPD)—13%, and
other NCDs—12%. Non communicable diseases are caused, to a larger extent, by four
behavioural risk factors which are pervasive aspects of economic transition, rapid
urbanization, and 21st-century lifestyles: Tobacco use, unhealthy diet, insufficient
physical activity, and the excessive use of alcohol.

- For the prevention and control of NCDs, the NPCDCS (National Programme for
  Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke) has
  been integrated with AYUSH streams for wider access. Presently Integration of Unani
  system of Medicine in NPCDCS has been started in District Lakhimpur Khieri, so it is the
  need of hour to start this programme in other districts of the country. NCD clinic in Unani
  hospitals/dispensaries may also be started for early diagnosis and management of NCDs.

- For mainstreaming Unani Medicine in public health, there is a need of Integration of
  Unani Medicine in Healthcare delivery system for this purpose one Unani doctor may be
  appointed at every Primary Health Centre, Community Health Centre and District
  Hospital. At present under National Rural Health Mission (NRHM) AYUSH doctor are
  appointed at CHCs level, but there is a need to increase the number of Unani Doctors at
CHCs/PHCs. AYUSH clinic may also be started in the hospital of Medical colleges and collaborative research projects may also be initiated between Medical colleges and AYUSH clinics.

- Recently there is an increase in the number of elderly persons in India, so there is a need of hour to prevent and treat the elderly problems. For this purpose a special Elderly clinic may be started in Unani Hospitals/Dispensaries etc. In India health of Child and Mother is an important aspect of health. So there is a need of Child and Mother Care Clinics at Unani Hospitals/Dispensaries. Facility of Vaccination may also be started at Unani hospitals/ dispensaries. School health programme may also be expanded for the screening of students in Schools. For mother health there is a need of Calcium and Iron formulations in Unani Medicine. For this purpose Khamira Sadaf, Sharbat Faulad etc may be available at Unani Hospitals/Dispensaries.

- Unani System of Medicine has good response in the treatment of Rheumatoid Arthritis, Osteoarthritis, Cervical Spondylosis, Lumbar Spondylosis, Gastro intestinal disorders, etc. So the publicity of treatment of these diseases should be done in Bus Stop, Railway Stations, Whats App, Facebook, etc. In Unani Ilaj Bit Tadbeer is a unique mode of treatment. Riyazat (Exercise), Dalk (Massage), Hijamah (Cupping), Fasd (Venesection), Taleeq (Leeching) are various regimens useful in Musculoskeletal disorders. These regimens should be popularised and Ilaj Bit Tadbeer Unit may be started in every Unani Hospital, Dispensaries.

- In Unani System of Medicine dosage forms of some drugs may be improved. Majun, Itrifal, Jawarish may be replaced with Capsules for proper drug delivery to the patients.

- It has been observed that in Unani System of Medicine there is a lack of Herbal Garden. Herbal Garden is an important source of genuine and effective Unani Medicines. Now a days adulteration of Unani Medicine has emerged as a challenge for Unani Practitioners. So it is necessary to establish more herbal gardens so genuine and effective Unani Medicine may be obtained from herbal gardens. Unani Pharmaceutical Companies may establish Herbal gardens.

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