



UNANI CONCEPT AND MANAGEMENT OF QAI (NAUSEA) & GHASIYAN (VOMITING)-A REVIEW

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ABSTRACT

According to Unani System of Medicine vomiting can be defined as the movement of stomach for elimination of gastric content through mouth. The matter of vomiting always found in gastric cavity (*Jof-e-meda*). Renowned unani physicians discussed about *Qai* and *Ghasiyan* in detailed, also explained the useful single drugs and compound formulations for treating nausea and vomiting. The only difference between nausea and vomiting is that, in vomiting the matter expel out through mouth, while in nausea it is not expelled. The matter of nausea is found in tissues of stomach and patient feels pain and tenderness in stomach. In this review paper we try to discussed *unani* concept and management of Nausea and vomiting.

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INTRODUCTION

Vomiting (*Qai*) As per the concept of Unani System of Medicine (USM), vomiting can be defined as the movement of stomach for elimination of gastric content through mouth. The matter of vomiting always found in gastric cavity (*Jof-e-meda*).^[1,2,3,4]

Retching (*Tahu, Ubkai*) Retching (*Tahu or Ubkai*) is a movement of stomach to eliminate the content of stomach but unable to eliminate it from mouth. The only difference between nausea and vomiting is, in vomiting the matter expel out through mouth while in nausea it is not. The matter of nausea is found in tissues of stomach and patient feels pain and tenderness in stomach^[1,2,3,4,5]

Nausea (*Ghasiyan or Matli*) *Ghasiyan or Matli* is a condition in which stomach tries to expel out the unwanted matter

which is adhere to it without any movement.^[1,2,3] *ghasiyan* or *matli* is a condition occurs before vomiting. It may reveal earlier or may persist for a long time, if the causative matter of *ghasiyan* founds in stomach then the disease persists for long time and if it falls from other organ then it reveals early. *ghasiyan* occurs due to accumulation of foul smelling excessive matter and liquid⁴. The matter of nausea is found in tissues of stomach and patient feels pain and tenderness in stomach.^[1,2,3,4,5]

Causes (*Asbab*) of Nausea & Vomiting

Nausea and vomiting have similar causes,^[1,2] which is as follows: ulceration, irritation, tenesmus of stomach, improper dieting, collapse of stomach, renal colic, sever myalgia, hypersensitivity, hepatobiliary colic, uterine disease, cerebral trauma, abnormal *humour*, unwanted matter, spoiled Food,^[6] food poisoning, weakness of stomach, gastric disease like

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inflammation of gastric mucosa, gastric ulcer, gastric carcinoma, atony of stomach, spasticity of stomach etc. Associated cause due to other disease cause activation of repulsive forces due to neurine stimulation, abdominal pain, cholilithiasis, inflammation of intestine, intestinal worms, cholecystitis, herniation, cardiac disorders, peritonitis, cirrhosis of liver, meningitis, brain tumor, coma, hysteria, ovarian disease, diabetes, Infective fevers like small pox, chicken pox, measles etc. Poisoning like alcohol, opium, chars, bhang, arsenic, tobacco, lead, mercury etc.^[4]

Types of Nausea and Vomiting

Nausea and vomiting of bile (Safrawi Qai wa Matli) In this type of vomiting the patient feels burning sensation and thrust, the vomitus contains bitter biliary Humour.^[1,2]

Nausea and vomiting of phlegam (Bulgami Qai or Matli) In this type of vomiting and nausea is due to phlegmatic matter.^[1]

Nausea and vomiting of black bile (Saudavi Qai wa matli) In this type the vomitus contains black bile.^[1]

Aqueous and Acidic vomiting and nausea (Rutoobi and Humuzi Qai wa Matli) In aqueous and acidic vomiting, there is absence of burning and thrust but the patient feels flatulence and crackling sound in abdomen. The vomitus is bitter.^[4]

Vomiting due to crises (Bohran) In case of crises the vestigial or abnormal matter comes to the stomach which is expelled out through vomiting.^[4]

Hematemesis (Qai-u-Dam) In hematemesis there is blood in vomitus due to trauma to vessels or abrasion, opening of ends of vessels or contusion to stomach.^[4]

Vomiting due to infection (Ufooni Qai wa Matli) It occurs due to infectious matters which is accumulated in stomach¹.

Vomiting due to worms (Qai e Didani) It is due to intestinal worms.^[1]

Sign & Symptoms of Nausea & Vomiting

(Alamat e Qai-wa-Ghasiyan)

- Phlegmatic symptoms with crackling sound and flatulence appear when the cause of vomiting and nausea is excessive liquid and acidity. Phlegmatic taste also feels by patient.
- Burning in abdomen and excessive thrust are the symptoms when the cause is bile. In this case taste of vomitus is bitter. Relevant symptoms appear accordingly when the cause is due to other disease.

- If vomiting occurs after one and half hours of food, it shows that the cause is in stomach and if it occurs after 2-3 hrs then may be the cause is in the small intestine and if after a long time, then the cause may be in large intestine.
- In gastric, biliary and intestinal disease, vomiting is accompanied with nausea, if applied light pressure on stomach the patient feels pain.^[4]

Diagnosis

In cerebral disorder, vomiting occurs due to increase body temperature and slight stimulation may cause vomiting, if apply pressure on stomach patient not feels pain and tenderness. While it is opposite in gastric, intestinal and hepatic disorder^[4]. The method of diagnosis of nausea and vomiting is that first rule out the involvement of another disease like cholera, indigestion, abdominal pain, esophageal ulcer, ulceration in gums, gastritis, hepatitis, inflammation of spleen, inflammation of kidney, intestinal worms, febrile illness. If nausea and vomiting are present with any other disease, then it is called complication of that disease. If it is not due to any other disease, then check out its continuously, if it is persisting then it is itself as disease. In this case ask the diet of patient before occurring of vomiting and if patient has history of taking spoiled food then the cause of vomiting is indigestion. You should check for the alteration in the temperament plain with matter (*Sue Mijaz sada maddi*) if symptom present and stomach trying to expel out its content than it confirms that the disease is due to *Sue mizaj sada maddi*. If there is presence of symptom of humours then the cause behind it will be the humours^[1].

Single drugs for Qai and Ghasiyan (Nausea and Vomiting)

Mufrad Advia (Single Drug)	Botanical Name
Sana	<i>Casia angustifolia</i> ⁸
Atees Shireen	<i>Aconitum betrophyllum</i> ⁸
Heel khurd	<i>Elettaria cardamomam</i> ⁸
Anaar	<i>Punica grantum</i> ⁹
Doob	<i>Cynodon ductylan</i> ⁹
Nana	<i>Mentha viridis</i> ¹⁰
Heel Kalan	<i>Amomum Subulatum</i> ¹¹
Aamla	<i>Emblica officinalis</i> ¹¹
Papita	<i>Carica papaya</i> ¹¹
Khash	<i>Andropogon muricatis</i> ¹¹
Alocha	<i>Prunus avium</i> ¹¹
bahi	<i>Cydonia oblongata</i> ¹¹
Peepal	<i>Ficus religiosa</i> ¹¹

Dhaniya	<i>Coriander sativum</i> ¹¹
Zarishk	<i>Berberis vulgaris</i> ¹¹
Tabasheer	<i>Bambusa spinose</i> ¹¹
Lemo	<i>Citrus limon</i> ¹¹
Narangi	<i>Citrus limon</i> ¹¹
Post bairon-e-pista	<i>Pistacia vera</i> ¹¹
Lattku	<i>Eriobotrya japonica</i> ¹¹
Podina	<i>Mentha sylvestris</i> ¹¹
Zaranbad	<i>Curcuma zedoarea</i> ¹¹

Compound drugs: *Sharbat-e-Anaar, Sharbat-e-Hamaz, Sharbat-e-Hasram, Sharbat-e-Fataq, Sharbat-e-Khaskhas, Sharbat-e-Falsa, Sharbat-e-Ribas, Sharbat-e-Nilofar, Sharbat-e-Tamar Hindi, Sharbat-e-Limo, Sharbat-e-Sandal*,^[1,2] *Jawarish-e-Anarain, Jawarish-e`-Fawaqe*,^[1,2] *Jawarish-e-Tamar Hindi*,^[6] *Safoof Tabaseer*,^[1,2] *Qurs Mastagi, Qurs Papita, Qurs Rasan, Qurs Kunder, Qurs Samaq*,^[1,2] *Qurs Khabsul Hadeed*,^[6] *Laoq-e-Annar dana*,^[1,2] *Rub-e-Bahi, Rub-e-Saeb Sada, Rub-e-Ribas, Rub-e-Hamaz*,^[12] *Khameera-e-Uood tursh, Khameera-e-Sandal Tursh*,^[1,2] *Sikan jabeen e Limoni*,^[6] *Habb-e-Zaranbad*.^[13]

CONCLUSION

keeping the review in mind it can be concluded that unani system of medicine is a deep rooted system of medicine in India that deals with treatment of Nausea and vomiting since ancient times by adopting various mods of treatment *Ilaj-bid-dawa* (pharmacotherapy), *Ilaj-bit-tadbeer* (Regimental Therapy) and *Ilaj-bil-ghiza* (Diet therapy). A number of study carried out on different unani drugs like *Zaranbad* (*Curcuma zadoria*), *Nana* (*Mentha viridis*), *Amla* (*Embllica officinalis*) and *Papita* (*Carica papaya*) etc. and effective in treatment of Nausea and vomiting. However further research in this area is required to explore the secret behind these drugs in the treatment of *Qai* and *Ghasiyan*.

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