

## ROLE OF *ILAJ BIL GHIZA* (DIET THERAPY) IN PREVENTION OF LIFE STYLE DISORDERS

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### Review Paper

Received: 11.11.2022

Revised: 22.11.2022

Accepted: 29.11.2022

### ABSTRACT

*Tibb-e-Unani* is a completely developed system of medicine which is well known for the prevention and management of the diseases. In classical literature of Unani system, modes of treatment classified as *Ilaj-bit-Tadbeer-wa-Taghzia*, *Ilaj-bi'l-dawa* and *Ilaj-bi'l-Yad*. The basic concept of disease in Unani system is that disease occurs when the individual is deviated from *Asbab-e-Sitta Zaroriyah* (six essential factors). Modification in these essential factors is necessary to achieve the health and maintenance of normal functions of the body. *Makool-wa-Mashroob* (foods and drinks) is the second most important factor among them. Good nutrition is vital for complete health and essential for physical growth, normal body composition and mental development. Individual's nutritional state can protect them from or predispose them towards chronic disease. Nutrition is thus both a preventive and a healing science. A modified diet is one that has been altered to include greater or fewer nutrients, to impact a variation in the texture or consistency of what is ingested, or to limit the consumption of any substance.<sup>[2]</sup> Almost all ancient Unani scholars and physicians such as Hippocrates, Galen and Rhazes etc. have compiled number of books on diet therapy on the basis of the principle of *Makool wa Mashroob* (foods and drinks). Some specific modified diets such as *Ma'ushaeer* (barley water), *Ma'ulahm* (meat distillate), *Ma'ul Asl* (honey water), *Rububiyat* (fruit's extract), *Ma'ul jubn* (whey), mentioned in authentic Unani literature. These modified diets are very much effective in the prevention of noncommunicable diseases (NCD's). Recent studies exhibited these modified diets are rich in nutrients, antioxidants, minerals, etc. Therefore it may be used for prevention of various ailments such as diabetes, obesity, hypertension, etc. In the present paper an attempt has been made to discuss the importance of Unani dietetics in the prevention of NCD's.

No. of Pages: 5

References: 18

**Keywords:** Diet therapy, Modified diets, Unani medicine, *Ilaj Bil Ghiza*, Life style disorders.

### INTRODUCTION

*Tibb-e-Unani* is a completely developed system of medicine which is well known for the prevention and management of the diseases. In classical literature of Unani system, modes of treatment classified as *Ilaj-bit-Tadbeer-wa-Taghzia*, *Ilaj-bi'l-dawa* and *Ilaj-bi'l-Yad*. The basic concept of disease in Unani system is that disease occurs when the individual is deviated from *Asbab-e-Sitta Zaroriyah* (six essential factors). Modification in these essential factors is essential to achieve the health and maintenance of normal functions of the body. *Makool-wa-Mashroob* (foods and drinks) is the second most important factor among them. An

individual needs sufficient amount of nutrients in appropriate proportions for normal growth and developments, dietary deficiency may be both qualitative and quantitative. If these nutrients not present in daily diet, deficiency arises in human body. The term nutrients refer to those chemical substances in foods that are required in the diet for survival and well being of the organisms of the body. Organisms are composed of cells that are functioning units of the body. Cells are said to be self-replenishing that is when components are broken down those components can be rebuilt from substance provided in the diet. Cells are also said to be energy converting units that is they take one form of energy and

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convert it into chemical energy used in the cell for rebuilding new components or for movement. Thus, nutrients play an important role in providing or using raw materials to rebuild body components and for providing energy. Nutrition then refers to the chemical components that are required in the diet for the organism to function normally. Metabolism refers to the chemical process involved in the use of nutrients.<sup>[2,3]</sup>

**Mohd Ibn Rushd** defined diet in his book *Kitabul-kulliyat* as “Diet is a substance when enter in the body can able to convert into parts of body like cells and tissues”. **Rhazes** mention many forms of modified diet in his book *Kitab-al-Mansoori*, which are beneficial and acts as preventive as well as therapeutic measures against diseases. Renowned Unani physician **Kabeeruddin** states in his book *Kulliyat-e-Nafeesi* about the uses of diet according to their effects and benefits in different seasons. He also guides about the importance of time and punctuality about meals to maintain good health. WHO defines health in these words “health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity”. Some diet has also different effects on different temperaments. So according to the concept of temperament of the diet should be chosen to give best results and can act as a preventive measure against some specific disorders belongs to specific temperaments of individuals. **Mohd Akbar Arzani** mentioned in his book about uses of diet in the management of general debility and functional deficiency of many body organs. If left untreated can lead to organ's failure as well. **Ibn Hubal Baghdadi (1121-1213AD)** a botanist and ancient Unani scholar and physician has specified several diets in his book *Kitab-al-Mukhtarat-fi-al-Tib*, which can be used in the prevention of NCD's.<sup>[1,5,6,12,13,14]</sup>

Unani system of medicine based on *Asbab e sitta zaroorya* (six essential factors) which comprises of *Hawae Muheet* (Atmospheric air), *Makoolat wa Mashroobat* (Foods and Drinks), *Harkat wa Sukoon Badni* (Physical activity and Repose), *Harkat wa Sukoon Nafsan* (Mental activity and Repose), *Naum wa Yaqza* (Sleep and Wakefulness), *Ehtebas wa Istafraqh* (Retention and Excretion).<sup>[1]</sup> *Makoolat wa Mashroobat* (Foods and Drinks) is one of the most important essential factor which need to be follow properly as per guidance of ancient Unani scholars. It is the principle which can be adopted easily. In Unani system the basic objective is to modify the dietary habits as per needs of subjects. Foods rich in their nutritional values have an important role in prevention of diseases as well as in their management. **Hippocrates** (BC 460-370) elaborated the importance of

*Makool* (diet) for healthy life according to age. This concept said that diet provides *Badal Ma Tahallal*. It plays an important role in maintaining the harmony of *Akhlat Arba* (four humours). **Razi** had advocated that body needs the food and drinks to overcome the continuous dissolution from birth to death.<sup>[1,5,10]</sup>

**Malnutrition** which can be described as a pathological condition resulting from a relative or absolute deficiency or excess of one or more vital nutrients which can be evident into over nutrition or under nutrition disproportion. Malnutrition can be threatening to the physical, psychological, behavioral, mental, emotional wellbeing of the individual. A malnourish person will be below in normal height and weight as compared to the normal person. Person has low resistance to and high susceptibility for infections. Normal body function can be hindered i.e., intestinal tract, liver, lungs etc. in contrast of malnutrition over consumption of calories, vitamins and minerals can result in over nutrition that is **obesity**. Apart from the metabolic syndrome, obesity is similarly co-associated with a variety of other consequences such as diabetes mellitus, hypertension, and dyslipidemia. An inflammatory condition is present which together with the above consequences has been linked with the high prevalence of atherosclerosis (fatty lumps in the arterial wall), and a prothrombotic condition may further deteriorate cardio-vascular risk. The basic principle for the management of obesity is limited calorie diet with low fatty and high fibrous diet. **Hypertension** is term used for a condition of the body in which blood pressure is higher than normal. Hypertension is one of the most common consequences of obesity. Hypertension can involve many vital organs and systems including the cardiovascular, renal, central and autonomic nervous system etc. thus, becomes a major risk factor of stroke, coronary heart disease, congestive heart failure. **Osteoporosis** a disease that makes bone fragile. Low diet of calcium and vit D deficiency diseases. Severe joint pain, bone pain, stiffness of legs, stiffness of joint arises in this disease. Vit D is required for normal growth, it increases the calcium and phosphorus absorption from the gastrointestinal tract.

**Diabetes mellitus** is metabolic syndrome characterized by the decreased ability or complete inability of the tissues to utilize carbohydrates, accompanied by change by metabolism of fat, protein, water electrolytes. The risk factors of disease includes malnutrition, over nutrition, obesity and stress etc. some serious liver disorders are also caused by factors such as dietary deficiency and can be prevented or cured by diet

modifications. Individuals who are prone or who are suffered from this serious ailment. Most maternal deaths are due to poor antenatal pregnancy diet and even when women survive, they are at higher risk for many health hazards and malnutrition. **Maternal malnutrition** caused by insufficient nutrition during pregnancy. It also affects the normal development of the fetus.<sup>[2,3]</sup> Almost all ancient Unani scholars and physicians such as Hippocrates, Galen and Rhazes etc. have compiled number of books on diet therapy on the basis of the principle of *Makool wa Mashroob* (foods and drinks). Some specific modified diet such as *Ma'ushaer* (barley water), *Ma'ulahm* (meat distillate), *Ma'ul Asl* (honey water), *Rububiyat* (fruit's extract), *Ma'ul jubn* (whey), mentioned in authentic Unani literature and manuscripts are found very beneficial and acts as preventive measure against many serious illnesses. Prevalence rate of life style disorders increasing rapidly so it is a need of an hour to adopt non pharmacological management such as Diet therapy which is cost effective and very easy to practice.

## Diet as a Preventive Medicine

### 1. *Ma'ul Lahm* (meat distillate):

**Method of preparation:** it is made by taking goat meat in a heavy bottom utensil then add some rose water then cover the utensil with tight lid and cook under low flame when water and meat separates and meat tender almost at this point drain the all-liquid part from meat and then boil this liquid again for some time.<sup>[5,11]</sup>

**Nutrients:** Iron, Folate, Copper, Manganese, Selenium.<sup>[15,16]</sup>

**Uses:** It is rich in protein which is essential for the structure of red blood cells, for regulation of enzymes and hormones, for development and healing of body tissues. Thus, it is indicated for strengthening heart, malnourished patients, anemia and cachexia.<sup>[5,6,7,11]</sup>

### 2. *Ma'ul Asl* (honey water):

**Method of preparation:** it is made up of honey and water in 1:6 ratio respectively. Boil the mixture till it remains half of its quantity.<sup>[5]</sup>

**Nutrients:** Sodium, Potassium, Carbohydrate, Dietary fiber, Sugar.<sup>[15,17]</sup>

**Uses:** it is rich in dietary fibers which helps in lowering blood cholesterol by inhibiting digestion of fat and

cholesterol. Therefore, it is indicated in *Amraz e barda* such as hemiplegia, bell's palsy, arthritis. it also helps to prevent constipation thus helpful in hemorrhoids, strengthen stomach and correct anorexia.<sup>[5,6,7,17]</sup>

### 3. *Ma'ul Jubn* (whey):

**Method of preparation:** it is obtained by adding lemon drops in boiling milk then water separated from milk is drained and preserved this water called *Ma'ul Jubn*.<sup>[5]</sup>

**Nutrients:** Fat, Cholesterol, Sodium, Potassium, Carbohydrate, Dietary fibers, Sugar, Protein, Vit c, Calcium, Iron, Vit b<sub>6</sub>, Cobalamin, Magnesium.<sup>[15,18]</sup>

**Uses:** It is rich in vitamins and minerals which are required for the regulation of the body's metabolic functions, also helpful in cell growth, acts as a blood purifier, it contains calcium thus helpful in calcium deficiency. It contains amino acids which is very important for the mental growth.<sup>[5,6,7,11,18]</sup>

### 4. *Ma'ushaer* (barley water):

**Method of preparation:** Peeled barley (which is termed as "*jau muqashar*" in Unani medicine) boiled in water in the ratio of 1:10. During boiling process remove impurity at intervals. Hippocrates also mentioned 10 properties of barley water.<sup>[5,10]</sup>

**Nutrients:** Iron, Folate, Copper, Manganese, Selenium, Polyphenols.<sup>[15,19]</sup>

**Uses:** It is rich in polyphenols which are antioxidant, anti-inflammatory thus useful in fever, tuberculosis, febrile convulsion. It has diuretic property which is beneficial in urinary tract infection as it reduces burning micturition.<sup>[5,6,7,11,19]</sup>

### 5. *Rub e Rumman* (Pomegranate extract):

**Method of preparation:** Extract is obtained from sour pomegranate then rest it overnight in tight container then boil it.<sup>[5]</sup>

**Nutrients:** Sodium, Potassium, Carbohydrate, Dietary fiber, Sugar, Vit c, Iron.<sup>[15]</sup>

**Uses:** Anemia and boosts immunity. It is considered as *qata e safra* in Unani medicine. Thus, beneficial in nausea and vomiting and useful in cholera. Removes excess bile from body.<sup>[5,6,7]</sup>

**Table 1: Modified diet for specific conditions.**

Sr. No.	Modified diet	Nutrients	Uses
1.	Ma'ul lahm (meat distillate)	iron, folate, copper, manganese, selenium. [15,16]	Strengthens heart, malnourished patients, anemia and cachexia. [5,6,7,11]
2.	Ma'ul Asl (honey water)	sodium, iron, potassium, carbohydrate, dietary fiber, sugar, zinc, calcium, magnesium, selenium. [15,17]	Amraz e barda such as hemiplegia, bell's palsy, arthritis. it also helps to prevent constipation thus helpful in hemorrhoids, strengthen stomach and correct anorexia. [5,6,7,17]
3.	Ma'ul Jubn (whey)	fat, cholesterol, sodium, potassium, vitA, carbohydrate, dietary fibers, sugar, protein, vit c, calcium, iron, vit b6, cobalamin, magnesium. [11,18]	Blood purifier, helpful in calcium deficiency. Helpful in mental growth, promotes muscle health, cures burning micturition, helps to burn fat. [5,6,7,11,18]
4.	Ma'ushaeer (barley water)	iron, folate, copper, manganese, selenium, polyphenols, protein, carbohydrate, fiber. [15,19]	antioxidant, anti-inflammatory thus useful in fever, tuberculosis, febrile convulsion. It has diuretic property which is beneficial in urinary tract infection as it reduces burning micturition, support immune system. [5,6,7,11,19]
5.	Rub e Rumman (pomegranate extract)	sodium, potassium, carbohydrate, dietary fiber, sugar, vit c, iron, vit b6, protein. [15]	beneficial in anemia and it boost immunity. qatae safra, Beneficial in nausea and vomiting and useful in cholera. Removes excess bile from body. [5,6,7]

**CONCLUSION**

Diet therapy is practiced over centuries and found very much effective in the prevention of noncommunicable diseases. Even many ancient Unani physicians such as Hippocrates, Galen, Rhazes etc. guided us about the benefits of Diet therapy in their treatises. Prevalence rate of life style disorders is increasing very rapidly so there is a need of nonpharmacological management such as diet therapy which is very economical and easy to adopt for the prevention of these noncommunicable diseases.

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