FAQR-UD-DAM BAWAJAH QILLAT-E-FAULAD
(IRON DEFICIENCY ANEMIA)–AN OVERVIEW


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ABSTRACT

Faqr-ud-dam is plainly known to be called as Anemia. It is the qualitative and quantitative disturbed condition of blood causing inability in catering the corporal physiologic functions. WHO defines anemia as a condition in which the hemoglobin content of blood is lower than normal as a result of deficiency of one or more essential nutrients, regardless of the cause of such deficiencies. Iron deficiency is the most common cause of anemia worldwide, though other factors, such as folate, vitamin B₁₂ and vitamin A deficiencies. Hakeem Kabiruddin described Faqr-ud-dam with synonyms of ‘Faqr-ud-dam, Qillat-ud-dam, Fasa-ud-dam, and Khizra etc. The principal of treatment in Unani Medicine lies with three modules, Ilaj bil Tadbeer (Regimenal therapy) like a Riyazat, Dalk etc, Ilaj bil Ghiza (Dieto therapy) like a Ghiza-e-lateef, Kaseer-ul-tagziaetc, and Ilaj bil Dawa (Pharmaco therapy) like some single drug Zafran, Maweez, Balchhar, and different formulations and preparation used were based on drug aiming to supplement iron, stop further blood loss and to empower the liver. Sharbat-e-Faulad, Sharbat-e-Maweez, Sharbat-e-Anar, Majoon Khabuls Hadeed, Kushta khabusl Hadeed.

INTRODUCTION

Anemia is a condition in which the oxygen carrying capacity of blood is reduced. Various types of anemia are characterized by reduced numbers of RBCs or a decreased amount of hemoglobin in the blood. According to WHO, Haemoglobin (Hb) of less than 13.0 gm/dl in adult male, less than 12.0 gm/dl in adult non pregnant female and less than 11.0 gm/dl in pregnant female should be considered as evidence of anemia.¹,²,³,⁴,⁵,⁶

Faqr-ud-Dam is literally known to be called as Anemia. It is the qualitative and quantitative deranged condition of blood causing inability in catering the corporal physiologic functions. WHO defines anemia as a condition in which the hemoglobin content of blood is lower than normal as a result of deficiency of one or more essential nutrients, regardless of the cause of such deficiencies. Iron deficiency is the most common cause of anemia worldwide, though other factors, such as folate, vitamin B₁₂ and vitamin A deficiencies, chronic inflammation, parasitic infestation and inborn disorders may all be responsible for anemia.⁷

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Hakeem Mohammad Kabiruddin (1894-1976AD) has described Faqr-ud-Dam with synonyms of faqru-dam’ Qillatu-dam, Fasadu-dam. In this condition there is decrease in the amount of blood and alteration in its constituents with decrease in the number of kuriyat-e-hamrah (Red Blood Cell). One of the most important causes of Faqr-ud-Dam is severe malfunction of the liver due to alteration in its temperaments. 

Sign and Symptoms
The sign and symptoms of anemia are general weakness, pale skin, face, lips, tongue and conjunctiva, fatigue, palpitation, tachycardia, Stomatitis, dyspnoea, brittle and concave nails, pica, anorexia specially in children, headache, low haematocrit and hemoglobin, low serum ferritin (serum iron). 

Concept of Faqr-ud-Dam (Anemia) in Unani Medicine
Anemia in the classical literature of Unani Medicine has been described under the heading of Soo-ul-Qiniya. Ibne Sina (Avicenna) (980- 1037AD) used the term Faqru-ud-Dam for the very first time specifying it as the preceding condition of istiswa (anasarca). That develops due to illness and weakness of the liver. Faqr-ud-Dam is a condition where the blood becomes defected.

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According to Unani physician IbneSina (Avicenna) (980-1037AD), Ismail Jurjani (1041- 1136AD) and Hakeem Azam Khan (1813-1902AD), blood is considered to be the vital fluid of human body which is formed in the liver. Due to derangement of the liver functions and weakness of hepatic faculties or sometimes due to associated diseases, the resultant formation of blood is not normal for nourishment (nuqstaghzia) here by leading to anemia with sign and symptoms such as: oedematous face, pallor body complexion of patient, eye lids and upper or lower limbs and some time generalized swelling all over body with pitting oedema due to raddi bukhatar (obnoxious gases), sometime gingivitis, disturbed sleep and sometime excessive sleeping, loss of appetite, flatulence. 

Usool-e-Ilaaj (Principle of treatment):
- Avoid consumption of foods causing altered temperament of Jigar (liver) leads to baroodat (coldness) and taqleele hararate ghareeziya (decreases innate heat) of the liver.
- Avoid ratab (moist), ghaleez and dashwar hzm ghiza (spicy and hardly digestable food).
- Avoid use of freezing and cold water.
- Daily riyazat (exercise) in empty stomach.
- Bathing in water which containing gandhak (sulphar), suhaga (borax) and shib (alu).
- Dalk (massage) by rough cloth with garamroghan (hot oil).
- Avoid Hammam (bath) and Jimah (sexual intercourse) immediately after meal.
- Harkat fil raml (rolling over the warm sand and soil).
- Need of mild istefragh with the help of Ayari j (Aloe barbedensis) and Habbul Neel hard), lezdar (sticky) and balgham ifuzla (vitiatted phlegmatic fluid) from body.

Tahaffzi tadabeer (Prevention)
Unani Medicine recognizes the influence of environment and surroundings on health and lays great emphasis on the maintenance of proper eco balance as well as pure water, food and air. Besides, it prescribes Asbab Sitta Zaruriyya (six essentials causes) for maintaining good health adherence to which is essential for preservation of health. 

Ilaj (Treatment)
1). Ilaj bil tadbeer (Regimental therapy)
Following Tadbeer stimulates blood circulation and remove toxic substances from the body thus helps in production of Khoon Saleh (pure blood) which is essential for Affal Haiwaniya (vital activity. 
- Riyazat (exercise)
- Dalk (massage)
- Takmeed (fomntation)
- Hammam yabis (dry bath)
- Hammam muarriq (steam bath)
- Qai (eresis)
- Tamreekh (oil immersion).

2). Ilaj bil Ghiza (Diet therapy)
The diet which is described in Unani literature are from plant, mineral and animal sources
- Ghiza-e-lateef (soft diet)
- Kaseerut-taghzia (high nutritious diet)
- Jaivyad-ul-Kaimus (easily absorbable)
- Zirbaj (a sour meat dish which dressed with vinegar and honey or with acid syrup, raisins, few figs were some time added)
- Sikbaz (acid minced flesh similar to zirbaj)
- Zardah (rice dressed with Crocus sativa)
- Yakhni (broth prepared from meat and rice)
- Shorbaeteetar (bird's soup)
- Ghost Daraj (meat)
- Masoosat (soup prepared with aromatic spices)
- Bathua (Chenopodium album)
- Palak (Spinacia oleracea)
- Cholai (Amaranthus polygamus)
- Hulba (Trigonella foenum)
- Kaddu (Cucurbita maxima)
- Amrood (Psidium guajava)
- Rumman (Punica granatum)
- Behi (Cydonia oblonga)
- Aam (Mangifera indica)
- Papita (Carica papaya)
- Liver, Kidney, Meat, Fish, Eggs, Milk, Paneer (cheese).

The above dieter commended by ancient physicians corroborates with conventional diet as it is rich in iron, folic acid, Vitamin A and B12, Protein, Minerals etc.

### 3). Ilaj bil Dawa (Drug therapy)

There are many drugs which are used either in single form or compound formulations.

#### (a). Mufraddawa (Single drug)
- Zafran (Crocus sativus)
- Maweez Munaqqa (Vitis vinifera linn)
- Darchini (Cinnamonum zeylanicum)
- Sadkofi (Cyperus rotundus)
- Asaroon (Asarum europaeum)
- Balchhar (Nardostachys jatamansi)
- Halela (Terminalia chebula)
- Balela (Terminalia bellerica)
- Amla (Emblica officinalis)
- Qarangal (Eugenia Caryophyllata)
- Bisaj (Polypodium vulgare)
- Mastaghi (Pistacia lentiscus)
- Lahsun (Allium sativum)
- Zaravindmadharj (Aristolochia longa)
- Arqegulab (Rosa damascena)
- Rai (Brassica Juncea).

#### (b). Murkkabdawa (Compound drug)
- Qurs Khusta Faulad
- Kushta Sammul Far
- Khusta Nuqrah
- Majoon-e-Daheed-ul-Ward
- Majoon Khabsul Hadeed
- Jawarish Amla
- Sharbat-e-Maweez
- Sharbat-e-Faulad
- Sharba-e-Afsanteen
- Sharbat-e-Anarain (Syrup of pomegranate)
- Sharbat-e-Ananas (Syrup of pine apple).

### CONCLUSION

With the perusal of above literary survey, our understanding of anaemia in the light of classical Unani literature underscores the need to focus on its elimination through multipronged strategy viz; drug, diet, regimenal therapies and preventive measures as adopted by Unani Scholars centuries ago in the successful management of this age old malady. This approach is more suitable to general populace as it incurs less cost, easy availability of home remedies and regimens with easy to follow health etiquettes. In this way the grave consequences of anaemia can be stalled to a great extent which will pave the way for a vigorous maternal and child health.

### REFERENCES

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