



Unani Super Sea Food -Animal Component (Pearl) and Future Policies

Rabbani, M* & Muflih, B, K

International Institute for Halal Research and Training (INHART),
International Islamic University Malaysia (IIUM), Gombak, Selangor
Email: mumtazrabbani20@gmail.com or mumtaz.rabb@live.iium.edu.my

Abstract

Unani medical system is a holistic approach of science and human body. It is a natural and simple method of extracting from nature and based on the way body responses. Despite the work done by Unani researchers to find solutions for many diseases, this system still have not gained the popularity in the modern world. This paper explains the importance of sustaining the Unani system and drugs made from component (Pearl- Marwareed) obtained from sea, providing insight on dose modification. The formulation uses sources like plants, mineral and small portion from animal content. Hence, this paper explores the level of religiosity among Unani physicians, the concept of health in Islamic perspective. The data were collected from personal interview with Hakeem (Physician with wisdom) across India and extensive literature as well as recommendation to promote Unani medical system in India. Therefore, this research focus more on future implementation of best strategies to develop Indian Traditional medicinal system.

Keyword: Unani system of medicine, dose formation, level of religiosity, Pearl-Marwareed, safety contour, sustainable strategies

Abstrak

Sistem perubatan Yunani merupakan pendekatan holistik bagi sains dan badan manusia. Ia adalah cara semulajadi dan mudah untuk mengekstrak dari alam semula jadi dan berdasarkan cara tindak balas badan. Walaupun kerja yang dilakukan oleh penyelidik Yunani untuk mencari penyelesaian bagi kebanyakan penyakit, sistem ini masih belum mendapat kepopularan di dunia moden. Kajian ini menerangkan kepentingan mengekalkan sistem Yunani dan ubat-ubatan yang dibuat dari komponen (Pearl-Marwareed) yang diperolehi dari laut, memberikan pengertian mengenai pengubahsuaian dos. Perumusan ini menggunakan sumber seperti tumbuhan, mineral dan bahagian kecil dari kandungan haiwan. Oleh itu, kajian ini menerangkan tahap keagamaan di kalangan pakar perubatan Yunani, konsep kesihatan dalam perspektif Islam. Data itu dikumpulkan dari temubual peribadi dengan Hakeem (Doktor dengan kebijaksanaan) di seluruh India dan kesusasteraan yang luas serta cadangan untuk mempromosikan sistem perubatan Unani di India. Oleh itu, penyelidikan ini memberi tumpuan lebih kepada strategi pelaksanaan terbaik di masa depan untuk membangunkan sistem perubatan Tradisional India.

Kata kunci: Sistem perubatan Yunani, perumusan dos, tahap keagamaan, Pearl-Marwareed, kontur keselamatan, strategi mampan

Kata kunci: syari'ah, objektif, amalan perubatan, aplikasi, nilai berpanduan penjagaan kesihatan

**Corresponding author:*

Rabbani, M
International Institute for Halal Research and
Training (INHART),
International Islamic University Malaysia (IIUM),
Gombak, Selangor
Email: mumtaz.rabb@live.iium.edu.my

Introduction

Unani officially originated in Greece, developed by Persian and Arab physicians who brought the system to India part of the various alternative medical systems of India which includes Ayurveda, Naturopathy, Siddah and Homeopathy. The Indian subcontinent has been a permanent

home for the growth in Unani science and medicines. Currently, India is the global leader of Unani medicine and has its wide network of well-organized and functional network of educational, healthcare, research and Pharmaceutical institutions (Ur-Rahman, 2013). This system is popular among masses with Unani Hakeem (physicians & practitioner) scattered across the nation. The vital role of Ministry of AYUSH is to form Unani as an integral part of national health care delivery structure (AYUSH, 2019).

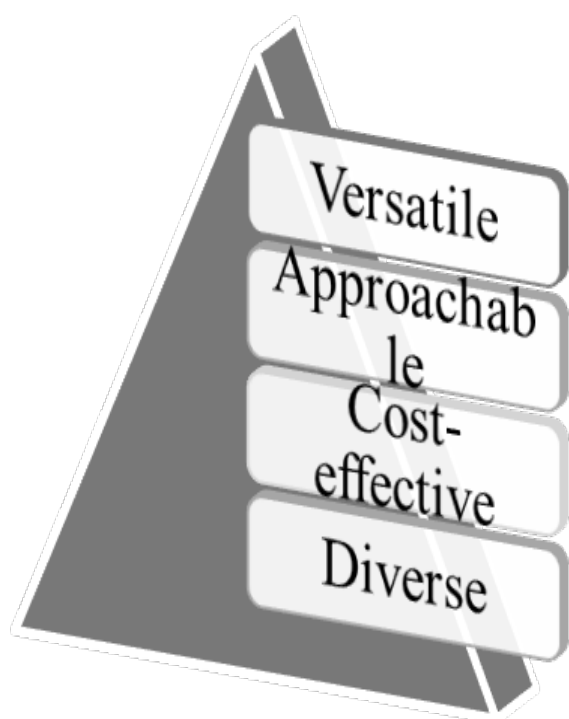


Figure 1: Attributes of Unani system of medicine- Author's source

Fig 1 demonstrates the attributes of the Unani system of medicine. These characteristics were formed based on results from various respondents who pursue this medicinal system for their treatment.

Land widely famous for its **Substantial Producer of Generic Medicine**, designs a path for **Med value Tour** to India. Many initiatives and tender steps to promote AYUSH have been taken by the Research council of AYUSH along with Indian R&D committee (Naik, 2019) by evolving new medicine through medicinal plants and rich herbs. Great dedication and consideration is

provided to the multi-facet advancement of Unani medical system to use its potential strength in Indian healthcare services. Despite several measures taken Unani has not gained much recognition in ultra-modern planet.

Although, this formal medicine was developed by the Greek physician Hippocrates (Irfan, 2011) but the latter portion of Unani was established by the Persian, Arab physicians. Significant scholar who wrote 'Al Qanun' the classical medical book in which the great Muslim physician and Polymath Ibn Sina popularly referred as 'The Prince of Physicians' who wrote and constituted the Proponents of Tibb al Unani (Avicenna - Ibn Sina, n.d.). Eventually, this famous book became the Medical authority and influence the development of Medical science and its therapeutics. Tibb Unani is basically Greco-Islamic medicine (Leslie, Charles, & Young, 1992) and literature were originally translated from Greek to Persian then secondarily into Arabic text, by the Muslims who were non-Arabic. Unani medicine is considered as the Halal version of Indian pharmaceuticals and drug industry (Islam & Chandrasekaran, 2013). A best alternative treatment for non-alcoholic and vegetarians' consumers for its Halal conscious aspect and its composition. On this account, Unani is **TAYYIB** (Pure and agreeable) and Muslim Friendly for consumption. Muslim patient yearning will be fulfilled by this practise of utmost hygiene with minimal risk of contamination during the whole process of preparation. These factors will develop a zone of comfort and affirmative circumstances by energizing the placebos among Muslim patient which is of prime importance. A new term with core holistic principle has evolved in recent studies called "Halalopathy" (Cochrane, 2019). According to Jawad Alzeer, this Halalopathy is not new but the approach was advanced by Greek and propagated by Islamic polymaths including Ibn Sina, Al-Biruni and al Razi whose influence is apparently present in the Asian countries referred to as Unani (Cochrane, 2019).

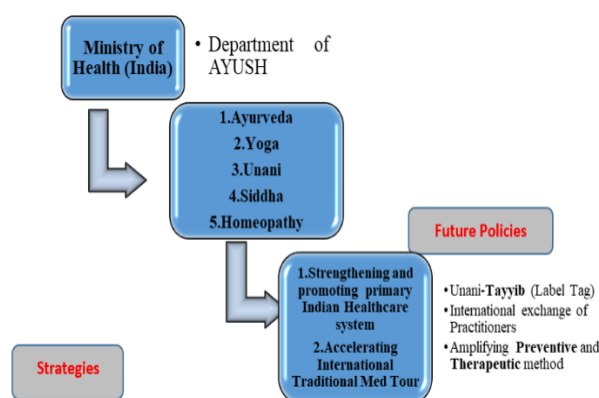


Figure 2: Conceptual framework to develop new policies in ITM

Fig 2 demonstrates the attributes of the Unani system of medicine. These characteristics were formed based on results from various respondents who pursue this medicinal system for their treatment.

Concept of Health in Islam and Level of Religiosity in Unani practitioner:

Tibb Unani is a recognised system dealing with medicine and scientific approach. Islam is complete code of Islam which encourages best health and sickness correlating to be part of human creation. As Muslim physician the level of religiosity is comparatively high towards creating better and healthy communication with mutual respect between both parties a Practitioner and a Patient. An established belief among Muslims that good health is blessing bestow from The Lord and therefore, creating better habitual practice inculcating regime of hygiene / cleanliness which is part of Islamic faith will ensure a positive and better lifestyle. Maintaining the well- being of physical state (body) and spiritual mind is rewarding by enhancing the quality of living and intensifying the state of being free from illness. A prominent hadith from Sahih al- Bukhari states: 'Your body has a right over you' and the Prophet Muhammad (pbuh) also stated that 'Verily there is no disease that Allah has created, except that He also created its cure' (Sahih al-Bukhari) (Rassool, 2014). Physician must possess the quality of mercy and deal with the patients in mutual respect. Consequently, the reward of caring for a sick person is high and will be multiplied if done with proper treatment and intention in Islam.

2. Methodology

The research was carried out based on the interest of exploring the level of religiosity among Unani practitioners and to gather information on elements used in the age-old Unani system of medicine. During the discussion questions on usage of Animal based mineral component (pearl) and metals' mineral form in the preparation process. Extensive interview with several well-acquainted Hakeem (Unani physician) both private and public sector, Government staffs from Unani colleges (Tamil Nadu) were conducted in Urdu and English to collect the data on resources used during the preparation of drugs and to construct a framework based on the data received. The entire conversation was recorded. later transcribed. Data on usage of pearl as ingredient in Unani drugs, their effectiveness, proportion and safety contour of drugs where collected and complied through published articles and personal interview Both primary and secondary sources were utilized to generate results. Information from various publication were used to analysis the current trend of pearl usage in Unani.

2.1 Super sea food – Iridescent and sheen (Pearl) in Unani

Unani is based on its validity of principles in addition to its method of treatment. Utilization of metallic minerals during the treatment either taken internally or applied externally as salve (Craddock, 2009) is involved since the commencement of medicine. The lustrous glimmer of pearl with powerful health boosting quality with promising best results in relieving stress by soothing nerves disorder and promotes better sleep pattern (Faerman, 2018). Pearls are calcareous concretions (Dubey, Dubey, Mehta, Saluja, & Jain, 2009) commonly named as 'Marwareed' (Jamal, Siddiqui, Tajuddin, & Jafri, 2006).

2.1 (a) Benefits of Pearl:

Very frequent usage of pearl powder is at the highest rank in pharmaceutical and cosmetic industry. Pearl is used in ash form for its potential as oral immunomodulator (Elahi, Singh, Ali, & Khan, 2014). Therefore, pearl used in ash, calcinated and powder form are used to treat various illness which includes heart weakness, myocardial degenerations, tuberculosis and

habitual abortions (Elahi, Singh, Ali, & Khan, 2014). **Habbe Marwareed**- a Unani pill prepared from Pearl as chief ingredient to restore strength in vital organ and robust female immune system as a result of calcium deficiency. This pill therapy is used in female with debility disorder and issues like leucorrhea. Usually these pills are taken orally with milk or used as salve. These gems have been adored and admired as a symbol of beauty and power. Studies says ancient Ayurvedic and Unani physicians have used powered pearls in their medicines (Modayil & Kripa, 2001). Pre-clinical trials were usually carried out in initial stage to determine the healing properties of the components. By such method the clarification of nourishment factor to vital organs will be documented. After the intended results, the efficacy and safety will resolute in further usage of drug and series of stratagem. The preparation of dosage form is habitually on traditional style. However, variation in methods during preparation of dosage is mentioned in Unani therapeutics (Wavare, Kadam, Sheth, & Sawant, 2014). Numerous formulations are used in different dosage for cosmetic purpose the term usually referred as cosmeceutical. Some formulation contains single dose of herb (plant based), mineral/ metal or animal based origin like amla, almonds, neem, pearl, cucumber, aloe vera, clay and few other to sough as a drug, and (Begum & Idris, 2016) claims scientifically validated to prove the claims of Unani medicine.

3. Profile of Unani medicine:

The profile of Unani medicine is < 92% of medicinal plants and herbs used. Basically, these drugs are from herbal sources, therefore making it is herbal product or therapy for easy consumption. While the rest > 5% is from minerals, metallic and animal origin. The specialty is these drugs are collected and processed by the Unani physicians themselves based on the essential proportion. Hence the chart on dose formation in number of modification, illustrates the percentage of various dose resource and beneficial usage which is used in the preparation of Unani drugs. This data regarding the resources used during the preparation was obtain from several Unani practitioners (Vaseeullah (Ameen clinic), 2018) across India and from primary sources.

4. Dose Formation in number of modifications:

Various modification of Dose	Beneficial usage
Powder	Small particles have higher significance. (Lund, 2009). Greatest benefit of Pearl powder showed to increase children's IQ (Huang, 1976) after three months of daily dosage.
Qurs (Tablets)	British pharmacopoeia tablet was invented by Arab physicians. (Lund, 2009) Though Unani tablets stability is weak after some days of preparation.
Sublingual tablets	Tablets which easily melts and has rapid dissolving quality. Helps in emergency diseases like Heart issues, Hypertension (Tripathi, 2004)
Huqna (Enema)	Preparation in scientific manner useful in cases of constipation, gastrointestinal mucus also used for nutriment purpose in terminal ill patients (Ghani, 2010). <i>Roghan -Gul and Roghun -e- Khujud</i> as a substructure for Huqna in Unani medicine.
Saoot and Qutoor (Nasal and eye/ ear drops)	Prepared to relieve the illness of patients who has problem in taking oral medicine. Although it is not available in market by an eye drop prepared by Unani formulation showed significant results. (Latif, Abdul, & Nazish, 2010)
Lozenges	Large tablet staying for 10-15 min then erode or dissolves. Unani prepares it for antibacterial and anaesthetic for mouth

	diseases. Unani medicine, Sualeen is available as lozenges (Ansari, Ahmed, & Sheeraz, 2016)
Lazooq (Band-Aid)	Traditional preparation of fine powder drugs mixed with egg white or other mucilage substances spread over sieved paper (Wadud, 2004) and applied in affected areas
Shiyaf (Suppository)	Preparation are made according to the place of insertion like ear, nose, mouth, rectum in cylindrical shape called Hamool, Fateela (Qureshi, 1995). Olive oil, almond oil or glycerol is used as a base for suppository in Unani medicine.

5. Conclusion and Sustainable Strategies to promote Unani:

Based on the pharmacological effect of the (pearl-marwareed) dose prepared in accurate proportion by Hakeem (Unani physician). Therefore, the dosage level of pearl powder can change the result in human. Dosage form will change depending on environmental, cultural and social factors of the patients. Due to lack of proper data, policy makers and researchers rely more on unreliable and antiquated sources to develop new strategies for traditional medicine system. India needs to focus more on the quality of varied traditional system of medicine by contributing qualified physicians and practitioners establishing strong systems for licensing the Unani clinics with Halal certification from well-organized and focused Halal certification bodies, due to its ability to attract more Muslim medical patients who are also domestic and international medical tourists. The dosage form which is currently used needs to be modified according to the needs and to counter the patient's requirement and existence of the system. The Unani dose forms are embellishments of textual knowledge which needs to be explored in depth and scientifically prepared. Implementing sustainable strategies to promote Unani in

collaboration with government policies will create positive impact towards the wide extension across the globe.

1. Labelling Unani medicinal therapy as Tayyib to facilitate influential treatment.
2. Socio-economic encouragement with proper research design to support Unani practice.
3. Constant monitoring of essential resource to create Eco- friendly medicine.
4. Coordinative effort to promote Unani in Southeast countries due to its Muslim favorable nature.
5. Investment in high tech advanced technology by government for traditional system of medicine.
6. Develop new policies to help progressing Unani medical Tourism.

This research will contribute to fill the factual gap on Unani traditional medicine in Asia along with providing an insight of the religiosity extent among Muslim Unani physician. The findings will support to policy makers to progressively work on labelling the services as Tayyib for Muslim Friendly and Vegan consumers. Development of framework for future implication of new policies with dose formation chart for treatment seeking patients.

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