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**ILAJ BIL GHIZA (DIETO THERAPY) IN THE PREVENTION AND THE TREATMENT OF AILMENTS**

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Ghiza (food) is very vital to any living object as it gives energy and nutrition; therefore it helps the body functions such as growth, mobilization, reproduction and all other activities. Aim of this study is to comprehend and recognize the values of Ilaj bil Ghiza concepts in various disorders as mentioned in Unani classics. Therefore, the present study is designed as literature survey by using the classical Unani literatures, scientific articles and other relevant sources. The gathered data were analyzed. According to Unani system of medicine, food is a friend of the human as well as an enemy of the human. Friend in the sense, it helps to gain Qoowah (faculty or strength) and it is enemy because unhealthy or improper food habit increases the maaddah-e-marz (disease matters) in the body and produces diseases. When selecting an appropriate diet, severity of the disease, type of the disease, period of the disease, complications of the disease, etc., should be considered. According to that the quality and quantity of the food have to be modified. Avicenna has said that to eliminate the disease and to increase the qoowah (strength), different quality and quantity of food can be used. For example, if the patient is strong enough and the tabeeat (physis of the body) is also strong, food can be stopped completely, so that tabeeat will act absolutely on the disease matter without involving in the food digestion and eradicates the disease from the body. Likewise quantity of food can be increased or decreased or quality of the food can be modified according to disease in order to cure the disease. Therefore, if appropriate food habit is adopted, it would help to prevent as well as to treat the diseases.

**Keywords:** Ghiza (food), Qoowah (faculty or strength), food habit, maaddah-e-marz (disease matters)