

## Unani perspective on *Qillat-E-Ifrac-E-Darqiyya* (Hypothyroidism): A comprehensive literature review

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Hypothyroidism is a clinical syndrome which is caused by thyroid hormone deficiency due to reduced production, deranged distribution, or lack of effects of thyroid hormone. The term *Qillat-e-Ifrac-e-Darqiyya* literally refers to the decreased secretions of the thyroid gland. The aim of this study is to review the concept of *Qillat-e-Ifrac-e-Darqiyya* (Hypothyroidism) and its management according to Unani system of medicine. A literature review was conducted across databases, including PubMed and Google Scholar, and Unani classical textbooks to identify relevant studies. Search terms such as ‘*Qillat-e-Ifrac-e-Darqiyya*’, ‘hypothyroidism’ combined with ‘Unani medicine’, ‘*Sue Mizaj*’ and ‘Management’ were used for articles published from 2014 to 2024. A total of 12 articles were filtered and scrutinized. Classical texts of Unani medicine have not described *Qillat-e-Ifrac-e-Darqiyya* (hypothyroidism) directly, but the clinical features resemble the symptoms and signs of *Sue Mizaj Barid* / *Sue Mizaj Balghami* (impaired cold temperament/ impaired phlegmatic temperament). The Unani system offers a comprehensive approach to its management by focusing on *Ilaj bil Ghiza* (Dietotherapy), *Ilaj bil Dawa* (Pharmacotherapy) and *Ilaj bil Tadbeer* (Regimental therapy), all while maintaining balance in the six essential factors of health (*Asbab-e-Sitta Zarooriya*). Herbal pharmacotherapy and specific compound formulations are also integral components of Unani treatment strategies. This review highlights the potential of Unani medicine in understanding and managing hypothyroidism, and it underscores the importance of conducting further clinical trials to evaluate the safety, efficacy, and applicability of these traditional interventions in contemporary healthcare.

**Keywords:** *Asbab-e-Sitta Zarooriya, Hypothyroidism, Sue Mizaj, Qillat-e-Ifrac-e-Darqiyya, Unani medicine*