

See discussions, stats, and author profiles for this publication at: <https://www.researchgate.net/publication/342865542>

# Preventive and Curative Aspect of Ilaj Bit Tadbeer (Regimental Therapy) in Lifestyle Disorders

Conference Paper · December 2016

CITATIONS

0

READS

39

3 authors:



**Mohamed Shiffa**

University of Colombo

90 PUBLICATIONS 107 CITATIONS

SEE PROFILE



**Nazeem Fahamiya**

University of Colombo (Instiute of Indigenous Medicine)

120 PUBLICATIONS 131 CITATIONS

SEE PROFILE



**Farzana M.U.Z.N.**

University of Colombo

110 PUBLICATIONS 65 CITATIONS

SEE PROFILE



# **National Research Symposium 2016**

Fundamentals of Indigenous Medicine:  
Challenges and New Perspectives

## **Abstracts**

22<sup>nd</sup> December 2016

**Department of Ayurveda Basic Principles**  
Gampaha Wickramarachchi Ayurveda Institute  
University of Kelaniya  
Yakkala, Sri Lanka

## Preventive and curative aspect of Ilaj bit tadbeer (regimenal therapy) in lifestyle disorders

Shiffa MSM<sup>1</sup>, Fahamiya N<sup>2</sup>, Farzana MUZN<sup>3</sup>

<sup>1</sup>Department of Moalijat (Clinical Medicine), Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka

<sup>2</sup>Department of Ilmul Advia (Materia Medica), Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka

<sup>3</sup>Department of Amraze Niswan wa Qabalat (Gynaecology and Obstetrics), Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka

### Abstract

Life style of human being has changed drastically during last few decades, which has caused many adverse effects on human health. Diseases associated with the way a person or a group of people lives are known as lifestyle diseases. Life style disorders are common among the elderly as well as the youth. This review is focused on exploring how to adopt Ilaj bit tadbeer for the prevention and in the treatment of life style disorders. The data were gathered from the authentic Unani classical texts, published scientific articles and from the web. Unani healing system employs a holistic approach to the prevention and treatment of diseases. Prevention of disease is as much as concern of the system as curing of sickness. Hence, in Unani system six essential factors (*Asbab-e-Sitta Zaroriayah*) and where applicable, some non-essential factors (*Asbab-e-Ghair Zarooriya*) have been laid down for the promotion of health and prevention of disease. A proper maintenance of these factors leads to healthy life. Ilaj bit tadbeer (regimenal therapy) are the procedures that help to maintain the health by regulating six essential factors through various mechanisms. They are Hijamah (Cupping therapy), Ilaj bit ta'leeq (leech therapy), Qai (emesis), Hammam (turkish bath), Dalak (massage), Riyazat (exercise), Is'hal (purgation), Nutool (pouring), etc. There are a number of scientific studies suggesting that the life style disorders could be prevented and treated by the correct application of these regimens.

**Keywords:** Lifestyle disorders, prevention, essential factors, Ilaj bit tadbeer

**Corresponding E-mail:** dr.mshiffa@gmail.com