

Unani approaches to the management of hypertension (*Zaght Ud Dam Qawi*): A systematic review

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Hypertension, a major risk factor for cardiovascular morbidity and mortality, is increasingly prevalent worldwide. Unani medicine offers an approach to managing hypertension (*Zaght ud dam Qawi*) through Dietotherapy (*Ilaj bil Ghiza*), Pharmacotherapy (*Ilaj bil Dawa*), Regimenal therapies (*Ilaj bil Tadbeer*) and Six essential factors (*Asbab-e-Sitta Zarooriyah*). This systematic review aims to evaluate the efficacy, safety, and conceptual framework of Unani approaches in the management of hypertension. A comprehensive search was conducted across various databases, including PubMed, and Google Scholar, and traditional Unani texts to identify relevant studies. Search terms such as ‘Hypertension’, ‘*Zaght ud dam Qawi*’, ‘*Imtila*’ combined with ‘Unani Medicine’, ‘lifestyle modifications’ were used for articles published from 2015 to 2025. A total of 26 articles were filtered and scrutinized. Studies were screened based on PRISMA guidelines. The findings included, focusing on Dietotherapy, Pharmacotherapy, Regimenal therapies, and Lifestyle modifications (*Asbab-e-Sitta Zarooriyah*). The review identified many natural remedies from Unani medicine have been used for hundreds of years to help treat high blood pressure. These remedies work in different ways, such as thinning the blood (*Latafat*), breaking down thick or sticky fluids in the body (*Tahallul*), and removing extra waste (*Istiferagh*). Several Unani formulations and herbs demonstrate anti-hypertensive effects. Regimenal therapies, including Purgation (*Ishaal*), Venesection (*Fasd*), Cupping (*Hijama*), and Massage (*Dalk*), provide non-pharmacological means to alleviate blood pressure and restore balance within the body. Dietary and lifestyle modifications also showed supportive evidence. However, more rigorously designed randomized controlled trials are required to validate these findings and facilitate integration into evidence-based practice.

Keywords: *Hypertension, Imtila, Lifestyle modifications, Unani medicine, Zaght ud dam Qawi*