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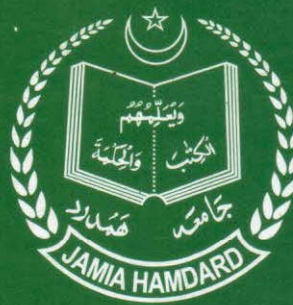
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**National Seminar
On
Lifestyle Disorders and Role of Unani Medicine**

6th March 2012

Souvenir



**Faculty of Medicine (U)
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Liver Disorders - Impact of Life style and its management in Unani system of medicine

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Abstract

Despite the well known benefits of a healthy life style, only a small proportion of people follow such routine. In last couple of decades, the incidence of certain diseases appear to have increase as we become more industrialized, these are called lifestyle diseases (diseases of longevity or diseases of civilization). Lifestyle diseases are a result of an inappropriate relationship of people with their environment. Internationally, these are known as non-communicable and chronic diseases, which nowadays are a major public health problem worldwide. The WHO estimated that by 2030, the proportion of the total global death due to chronic diseases is expect to increase to 70 percent and global burden of diseases to 56 percent. Top 10 lifestyle diseases includes Alzheimer's disease, Arteriosclerosis, Cancer, Chronic liver disease, Chronic obstructive pulmonary disease, Diabetes, Heart disease, Nephritis/CRF and Stroke.

Lifestyle disease are different from other diseases because they are potentially preventable and can be greatly avoided with lifestyle modification. In present era, death are usually caused by sudden onset conditions which are curable by modern medicines, while people suffering from lifestyle diseases or chronic health conditions, always feel comfortable turning to traditional medicine for treatment of their health issues. A large number of drugs have been mentioned by Unani Tabibs under the heading of hepatoprotective agents which can be used effectively to prevent and treat liver problems along with the change in diet and lifestyle. In this paper a proactive approach towards the prevention and management of liver problems is offered in the light of Unani perspective.

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