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Application of Regimenal Therapy Sitz Bath (*Aabzan*) in Various Diseases - Unani Perspective Literature

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The Unani system of Medicine is one of the oldest systems of Medicine that is practiced in India and all over the world. *Ilaj Bil Tadbeer* (The Regimenal Therapy) is one of four principles of management in Unani system of Medicine. The eminent Unani scholar, Ibne Sina has mentioned 36 regimes of *Ilaj Bil Tadbeer* in his famous book "Canon of Medicine". They are *Irsale Alaq* (Leeching), *Fasd* (Venesection), *Huqna* (Enema), *Hijamat* (Cupping), *Dalak* (Massage), *Riyazat* (Exercise), *Hammam* (Bathing), *Nutool* (Irrigation), *Inkebaab* (Inhalation), *Takmeed* (Fomentation), *Aabzan* (Sitz Bath), etc. Among these, *Aabzan* is a novel, simple, safe, cost effective, non-invasive and effective treatment for various disorders. *Aabzan* is a type of bath in which up to umbilicus level body is immersed into plain or medicated water (*Joshanda* and *Khaisanda*) used for the therapeutic purpose. The present study is an effort to evaluate the status of description of *Aabzan* in Unani System of Medicine. The data was collected from the all possible Unani literature through an extensive search to record the information related to *Aabzan*. The interpretive phenomenological analysis was carried out with the recorded data. The aim of analysis was to generate various themes and presented in different tables which contain indications of *Aabzan*. The indications with formulations mentioned by Unani physicians shows the wide-ranging use of *Aabzan* for the management of various disorders but it is the time to switch-on to validate the claims of ancient Unani physicians about the effectiveness of *Aabzan* therapy through evidence based study.

Keywords: *Aabzan, Ilaj Bil Tadbeer, Unani System of Medicine, Canon of Medicine*