

CONCEPT OF IRON DEFICIENCY ANAEMIA AND IT'S MANAGEMENT ACCORDING
TO UNANI *TIBB*: A REVIEW

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Anaemia is defined as a lower-than-normal red blood cell (RBC) count or haemoglobin (Hb) concentration for a person's age. According to the WHO, it is classified as Hb levels <12.0 g/dL in women and <13.0 g/dL in men. In Unani medicine, anaemia is referred to as *Su'al Qinya*, meaning "lack of vital treasure in blood." Other vernacular terms include *Faqr al-Dam*, *Qillat-i-dam*, *khoon-ki-kami*, *khoon ki mohtaji (ghareebi, nadari)*, *Khoon ki thabahi*, and *Fasad al-Dam*. It is attributed to *Du'fal-jigar* (liver weakness) or *Su'-i-Mizaj* (a change in temperament) and is mostly correlated with Iron Deficiency Anaemia (IDA) in modern classification. Unani manuscripts offer valuable insights into managing *Su'al Qinya*. Therefore, it is need of the hour for the comprehensive exploration of long-established knowledge mentioned in classical Unani manuscripts for the management of *Su'al Qinya*. Hence, a comprehensive search was undertaken to find classical manuscripts for the management of *Su'al Qinya* and literature review paper was explored the period between 2010 to 2024 and conducted through Cochrane, PubMed, Google Scholar, and other sources on alternative treatment approaches to IDA. According to Unani texts, treatment focuses on producing *Muallid-e-Khoo*n (blood-forming agents) and addressing underlying causes. Herbs such as *Amla*, *Aam*, *Anar*, *Chukundar*, and *Jamun* and compound formulations like *Jawarishe Amla*, *Majoon e Khabsul hadeed*, *Qurse Kushte Folad* etc. have haematinic, hepatotonic, cardiogenic, and styptic properties are beneficial which are scientifically validated for treating *Su'al Qinya*. In conclusion, this comprehensive review underscores potential of medicinal herbs as promising contributors to management *Su'al Qinya* by combining traditional wisdom with modern research, a more holistic and individualized approach can be achieved. The proposed integrative strategy advocates for further research, collaboration, and shift towards natural and culturally sensitive healthcare practices to address *Su'al Qinya*.

Keywords: *Su-ul-Qinya*, Iron deficiency anaemia, *Faqr ud Dam*, Iron content, *Muallid-e-Khoo*n