

Role of Unani Medicine in Covid-19

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Abstract

The emergence of Covid-19 has caused a large global outbreak and is a major public health issue. COVID-19 is that it is highly contagious mainly transmitted by droplets and fomitus. The main symptoms are fever, malaise, and cough, loss of smell, taste and breathlessness. Till date there is no defined protocol for management of Covid -19. The cases of Covid -19 are increasing at alarming rate in India with a daily rise of more than 18000. In these times of crises. The present control strategies of the disease include interrupting the mode of transmission, reduction of secondary infections by early diagnosis and isolation of cases, providing optimal care to infected patients, and the development of effective diagnostic, preventive and therapeutic strategies, including vaccines. Holistic approach of AYUSH systems of medicine gives focus on prevention through lifestyle modification, dietary management, prophylactic interventions for improving the immunity and simple remedies based on presentation of the symptoms. In Unani medicine, there is detailed description of wabah (epidemic), Alahidagee (Isolation) and Quarantine. It was Hippocrates who coined the term quarantine and advised restriction of movement for forty days to the suspects. Asbab-e-Sittah Zarooriyah (Six essentials of life) one of the basic principle of Unani can play an important in overall development of immunity of a person and prevention of disease which will be discussed in full length paper. Fumigation of surroundings with herbs, use of modified and specific diets and Unani drugs to enhance quwat-e-mudabar-e-badan (innate immunity) can play an important role to fight this covid-19 pandemic. This paper will give an overall review of preventive measures and role of Unani in Covid -19 pandemic will be discussed in full detail.

Key words : Covid-19 ; Unani ; Asbab-e-Sittah Zarooriyah.

Biography:

Dr. Paras Wani is MD in Tahaffuzi wa Samaji Tib from Jamia Hamdard (gold medalsit), New Delhi. Presently working as Medical Officer (Unani) in Directorate of AYUSH, GNCT Delhi and incharge of GTB Unani Unit & IHBAS Unani unit. More than ten years experience in teaching . She has more

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