

A BRIEF INTRODUCTION OF *MARZ* (DISEASE) - IN VIEW OF UNANI SYSTEM OF MEDICINE

Azizur Rahman^{1*}, Mohammad Aslam², Md Izhar Alam³

¹Dept. of Mahiyatul Amraz, NIUM, Bangalore, India,

²Dept. of Tahaffuzi wa Samaji Tib, AMU, Aligarh,

³Dept. of Mahiyatul Amraz, Z.H. Unani Medical College & Hospital, Siwan

Abstract

Now a days, disease and its related debates and issues are being experienced by the world's striking minds. Public wants clear picture of disease but it is venturous work for present sciences. This issue is not an issue of present day other than the ancient civilizations were also facing the same. In BC centuries and early AD centuries, the *Unani* and *Arab* physicians proposed their thoughts regarding disease and made it non-ambiguous.

This paper aims to introduce the Unani concept of disease and make it easy to understand.

Keywords: Marz; Disease; Temperament; Unani.

Introduction

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease.¹ Health is a state in which the temperament and structure of human body are such that all its functions are carried out in a correct and whole manner.

Disease is an abnormal state of human body which primarily and independently but not secondarily, disturbs normal functions. Disease may be a disorder of temperament or structure.^{2,3,4,5}

Galen (*Jalinoos*) stated that diseases may be external, which can be seen with eye or examined with touch, and may be internal which can be easily perceived like stomach pain, recognized with difficulty like diseases of liver.⁶

Conditions of Body and Disease Pattern

Galen (*Jalinoos*) stated that the human body has three states, health, disease and intermediate condition means neither perfect health nor definite disease for example in old age.

There are two types of diseases, *Marz Mufrad* (**Simple Disease**) there is disturbance of temperament or structure and *Marz Murakkab* (**Complex Diseases**) in which two or more disturbances combine to form a single disease and have same line of treatment.^{5,6}

I- Marz Mufrad (Simple Disease)

Simple diseases may involve simple organs, compound organs, or both.

Diseases of Temperament

These affect only simple organs. When compound organs are involved it is through the affection of their composing simple organs. Diseases of temperament are thus always referred to as affecting simple organs and not compound organs.

Diseases of Structure

These involve compound organs which are composed of simple organs and are in reality the instruments of body functions.

Diseases of Continuity and Dislocations

These affect both simple as well as compound organs. In the latter case, loss of continuity involves compound organs directly and independently, and not through the involvement of simple organs which compose them. Dislocation is a loss of continuity in a joint but without damage to any of its individual components. Sometimes, however, bones and even nerves and blood vessels may be involved in an injury.^{6,7,8}

Diseases of Structure

Diseases of structure affect the form, size, number and position of organs. There are four types of deformities which involve shape, ducts, cavities and surfaces.

Shape

In the deformities of shape, there is a change in the natural shape of organs with some disturbance of function. For instance, a straight organ may become curved and a curved straight, a square round or a round square. Similarly, the skull may become flat at the front or the back with some associated disturbance of function, or the stomach may become excessively round, or there may be loss of the natural contour of eyeballs.⁶

Ducts and Orifices

Deformities of ducts and orifices are of three types:-

- 1) Dilation e.g. of the pupil, widening of the blood vessels of eyes as in pannus, and of legs as in varicose veins.
- 2) Contraction, e.g. constriction of the pupil, narrowing of the bronchial tubes and structure of oesophagus.
- 3) Occlusion, e.g. of the pupil and of portal obstruction.

Cavities and Sacs

Deformities of cavities and sacs are of four types:-

- 1) Increase of size, e.g. dilation of the testicular sac.

- 2) Decrease of size, e.g. narrowing of the stomach and contraction of the ventricles of brain as in epilepsy.
- 3) Occlusion, e.g. obstruction in the ventricles of brain as in coma.
- 4) Emptiness, e.g. in the cavities of heart from excessive pleasure as in the fatal forms of joy.^{7,8}

Surfaces

Deformities of surfaces are of two types:-

- 1) Loss of normal roughness, e.g. mucous membrane of stomach or intestines having become smooth (atrophic).
- 2) Loss of normal smoothness, e.g. in the trachea.

Diseases of Size

Size is disturbed in two ways:-

- 1) Increase of size, e.g. as in elephantiasis, priapism etc.
- 2) Decrease of size, e.g. wasting of tongue, decrease of size in eyeball and general emaciation.

Diseases of Number

Number is altered as:-

- 1) Physiological increase of number such as second dentition and supernumerary fingers and pathological such as tumors and stone.
- 2) Decrease of number which may be physiological as the absence of a finger and pathological as the loss of a finger due to leprosy.^{6,7,8}

Diseases of Position

Galen said, position changes in two respects. The change may be in the natural position of an organ or it may be relative to the position of another organ.

- 1) Changes of natural position are dislocation, partial displacements, as in hernia; involuntary and abnormal movements of organs from their natural position e.g. in tremor disease lack of normal mobility as in gout where the joint become stiff and immobile.
- 2) Changes relative to the position of neighbouring structures are inability of an organ to move towards another e.g. failure of adduction in fingers, inability of an organ to move away from the other e.g. paresis of eyelids and stiffness or laxity of joints.

Disease of Continuity

In simple organs, discontinuities like abrasion in skin, wound of flesh, fractured bone and cartilage, tearing, cutting and laceration of nerve and rupture of artery and veins etc.

In compound organs, discontinuity is displacement or dislocation without damage of any component.^{9,10}

II- *Marz Murakkab* (Complex Diseases)

According to Unani system of medicine, complex disease comprises of more than one simple disease or abnormal condition like *Waram* (swelling) because it shows all the three abnormal conditions like

temperamental disturbances, structural abnormality and loss of continuity that is separation and disruption of tissue due to collection of inflammatory exudates between the tissues.

Etiological Classification of Waram

Basically *Waram* is of two types one is *Waram Har* (hot swelling) another is *Waram Barid* (cold swelling). Hot swelling is not only due to blood and bile even due to hot and putrefied matter. Cold swelling is caused by abnormal *Sauda*, *Balgham*, *Rutubat* and *Reeh*. Unani scholars included the hard swelling, simple tumour, cancerous growth and tubercular glands in *Saudawi Waram*. Phlegmatic swellings are diffused and localized soft tumour like structure covered with capsule. Ascites, hydrocele and hydrocephalus etc. are *Waram-e-Rutoobi* (fluid) as well as puffiness and distension are due to accumulation of *Reeh*. Integration of *Reeh* in the tissue is puffiness and has a soft feel but localized gathering of *Reeh* in the cavity is distension and holds out resistance to the pressure.^{8, 9, 10}

Concept of Primary and Secondary Diseases

Primary disease is an abnormality of an organ itself not affected by other diseased organ. In secondary disease, organs are being affected by diseased organ in terms of if the organs are interconnected like stomach and brain connected through nerves, outlet for organ e.g. axillary and groin region glands, neighbouring of affected organ, primary activator of the organ e.g. diaphragm for lung movement, agents of other organs e.g. nerves for brain and on the basis of dependency on other organ e.g. brain and kidney are under influence of liver.

Secondary disease may alter the activity of original disease e.g. functional activity of stomach may be affected by disturbed brain function may produce indigestion. Eventually stomach sends abnormal vapour from indigested food to the brain leads to further disturbance.⁶

Prognosis of Disease

If there is nothing to hinder efficient treatment then the disease will be curable, for e.g. if the patient is suffering from headache due to cold associated with fever. A disease is easier to cure if the age, temperament and season are favourable. If these factors are adverse then it is difficult to cure the disease. Some time certain disease cures some other disease like quartan fever cures epilepsy, gout, varicose veins, arthritis, pruritis, scabies etc. Occasionally one disease may develop serious complications e.g. change of pleurisy into pneumonia etc.

Transmission of Disease

Diseases are transmitted from one person to another person in the following manner:

Contagious diseases like leprosy, scabies, chicken pox, epidemic fever etc. occur more frequently in persons living in crowded quarters or in the direction of wind from infected places. Some time hereditary transmission is found in baldness, gout, leucoderma etc. Racial transmission is endemic to certain regions.

Susceptibility to Disease

Susceptibility to disease in the organ is very important factor for occurrence of disease. Susceptibility to disease depends upon power of organ, quality and quantity of disease material.^{6,8,9,10}

Conclusion

As per above discussion we can conclude that Unani system of medicine has its own concepts of disease. Unani scholars have solved the disease related problems because there were many wrong beliefs like god and goddess for disease and health. So Unani scholars have told that every disease is having its cause. Now a days it is being proved that no disease is without cause. This paper will be helpful for the generalization of concept of disease in Unani system of medicine.

References

1. PARK K. Parks Textbook of Preventive and Social Medicine. 23rd ed. Jabalpur: Banarsidas Bhanot Publishers; 2015.
2. Majoosi AIA. Kamilus Sana'ah. New Delhi: CCRUM; 2010.
3. Baghdadi AIAIH. Kitabul Mukhtarat Fit Tib. 1st ed. New Delhi: CCRUM; 2004
4. Jurjani I. Zakhira Khawarazm Shahi. New Delhi: Idara Kitabus Shifa; 2010.
5. Ibn Sina AAHIA. Al Qanoon Fit Tib. New Delhi: Idara Kitabus Shifa; 2010.
6. Shah MH. The General Principles of Avicenna's Canon of Medicine. New Delhi: Idara Kitab-ul-Shifa; 2007.
7. Ameen HMW. Qadeem Ilmul Amraz. 4ed. New Delhi, Qaumi council barae farogh urdu zaban; 2006.
8. Rahman SZ. Ilmul Amraz. 3rd edi. Ateeq Ahmad Jayyad Press, Delh; 1994.
9. Gruner OC. The Canon of Medicine of Avicenna. New York: AMS Press; 1973.
10. Chandpuri K. Mojizil Qanoon. New Delhi: Qaumi Council Barai Farogh Urdu Zuban Publication; 1998.