

EVALUATION OF TABIYAT WITH REFERENCE TO ALLERGY & AUTOIMMUNITY

Abdul Aziz¹, Mohammad Mohsin² Mohd Shoaib Khan³ Farzana Khatoon⁴

¹Assistant Professor, ²Associate Professor, ³Assistant Professor, ⁴Assistant Professor

¹Department of Moalejat, Aligarh Unani Medical College & CAN Hospital, Aligarh

India

ABSTRACT

Unani system of medicine is one of the oldest systems of medicine characterized by its own rich store house of principles and philosophies of medicine which if understood in its proper perspective can be proved of immense value to the science in general and to medicine in particular. It is a great healing art as well as science whose theories, philosophies and practice of medicine are most appropriate to the human biological system. Various normal and abnormal conditions described in Unani medicine are similar as that are detailed in modern science, where as some theoretical discussion in Unani literature are entirely away from those which are studied later in the light of science, and some of them has very close relation to modern knowledge. The term “Allergy” and “autoimmunity” as such was not recognized in Unani medicine, however a strong concept was present in the mind of Unani physician, that is why they clearly mentioned that there is a power in the body which is actual responsible for each and every normal function in body and in its normal state it protects body from various harmful conditions, but if there is any abnormality or weakness in this internal power, the functions of the body get deteriorated. The concepts of humours (Akhlāt) including Dam, Safra, Sauda and Balgham in maintaining the health when they are in quantitatively and qualitatively normal state and in causation of diseases when they become abnormal with reference to their quality and quantity is very much important. Safra, being of most light situated at upper zone of collected blood, is supposed to mediate allergic reaction followed by Balgham. Correction and normalization of Tabiyat with help of Quat Tabiyah may lead secretion, regulation and reaction of Safra resulting in good response in allergic and autoimmune disorders. In this article it is aimed to explore the concept of Tabiyat in Unani medicine with reference of allergy and autoimmunity so that a clear Unani concept can be described with details of management.

Index Terms: *Tabiyat, Allergy, Autoimmunity Unani system of medicine.*

INTRODUCTION:

Unani system of medicine is the earliest system of medicine which was recognized for its established fundamentals and well said principles. Day by day scientific researches prove its importance and effectiveness. Various diseases and their etiopathogenesis described in classical Unani literature are affirmed by scientific researches, some diseases described with symptoms and signs in Unani literature

correlate with all symptoms and signs mentioned in accordance of particular diseases in evidence based scientific medicine. Allergy is a condition often inherited in which the immune system of the affected person reacts to something that is either eaten, touched, or inhaled that does not affect most of other persons, the patient's immune system reacts to such substances as if they are "enemy invaders". This reaction leads to symptoms that often adversely affects the patients works, play, rest, routine activities and therefore affects overall quality of life. Autoimmunity is a condition where the body adversely reacts and fights against its own cells, tissues and organs.

Clemens von Pirquet (1874-1929), creator of the idea of allergy. He worked on his theory of allergy between 1903-1911. In 1906 he published his seminal article explaining his idea of allergy and coined the term "allergy" and proposing a new terminology, although in 1927 he published a final review on the subject. According to him "allergy" is the call attention to the unusual propensity of some individuals to develop signs and symptoms of reactivity, or hypersensitivity reactions, when exposed to certain substances.^{1,2}

Allergic disorders also known as "atopic disorders". The term "atopy" is derived from the Greek word "atopos" meaning 'out of place'. Atopy is also associated with the production of 'allergen-specific IgE' and with the expansion of 'allergen-specific T cell' populations, both of which are reactive with what typically are otherwise harmless environmental substances. These disorders are increasingly prevalent in the developed world and include allergic rhinitis (also known as hay fever), atopic dermatitis (also known as eczema), allergic (or atopic) asthma and some food allergies.^{3,5} WHO estimates 10-40% of all illnesses are contributed by allergic disorders⁶.

Environmental Allergies, also known as Seasonal Allergies, which occur when immune system over-reacts to the particular substances in the breathe. The body's defence system (immune system) attacks that particular substances in the body, causing symptoms of allergy viz sneezing, stuffy & runny nose, cough, breathlessness and eruptions, itching, swelling and loose motions and abdominal pain when integumentary system and GI system respectively over-react to the particular allergen substances.

From above discussion it is very evident that allergy in nothing but dysfunction of our immune system, which abnormally gets over activated against various internal and external substances. Abnormalities in our immune system are of various types, which are broadly confined into two, which are allergic and autoimmune disorders.

Autoimmunity is the abnormal immune responses of an organism against its own healthy cells and tissues. The disease that results from such an aberrant immune responses, is termed as an autoimmune disease. In the later 19th century it was believed that the immune system was unable to react against the body's own tissues. Paul Ehrlich, at the turn of the 20th century, proposed the concept of "horror autotoxicus". Ehrlich later adjusted his theory to recognize the possibility of autoimmune tissue attacks, but believed certain innate protection mechanisms would prevent the autoimmune response from becoming pathological. Allergies are a number of conditions caused by hypersensitivity of the immune system to typically harmless substances in the environment.⁷

The consequences of description of “**Davidson’s Principles & Practical of Medicine**” about immune system, autoimmune disorders and allergies are as follow⁶.

- a) The immune system is involved to protect the host from pathogen while minimizing damage to self tissue.
- b) More recently, it has become clear that the immune system not only protects against infection, but also governs the responses that can lead to autoimmune disease.
- c) Dysfunction or deficiency of the immune response leads to a wide variety of disease, involving organ and system of the body.

In Unani System of Medicine, it is the *Tabiyat* which governs the body to maintain its normal functions and also it fights harmful substances like bacteria and viruses which intend invasion on body and maintains health, as Ibn-e-Nafees says “*الطبيبة هي المبدأ الاول لحركة ما فيه اعنى الجسم الطبيعى ولسكونه بالذات*” *Tabiyat* is the prime source for motion and rest in the normal body.¹⁰ Likewise describing its function against diseases Ibn-e-Seena says “*ان الطبيعة هي الشافية للامراض*” *Tabiyat* is to cure the diseases.¹⁵ In allergic condition immune system over-reacts to harmless substances, like pollen, mold, and pet dander. This reaction is called an allergic reaction. Common allergens (*Asbab Badiya*) include pollen and certain food, metals and other substances cause problems.¹² Food, insect stings, and medications are common causes of severe reactions.⁸ The underlying mechanism involves immunoglobulin E antibodies (IgE), a part of the body's immune system, binds to an allergen and then to a receptor on mast cells or basophils where it triggers the release of inflammatory chemicals such as histamine. This may be evidenced with typical history of the patient associated with increased IgE level in the blood. According to Tibb the cause of normal health is the maintenance of the *motadil mizaj* (normal temperament) within the cells, tissues, organs, and the entire body. Maintenance of *motadil mizaj* means the maintenance of statics or constant condition (homeostasis) in the internal environment of the cells and whole body. The power which maintenance this *Taddul-e - mizaj* is known as *Tabiyat Mudabbir-e-Badan*, as Rabban Tabri said, *Tabiyat* is the supreme power of our body.⁹ In *Mizaj Moatadil Tibbi* contrary qualities and quantities of participating matters in a compound (the body) are perfect in accordance to the properties as well as functional need of that compound, then it is equable temperament.¹⁰ It is well known to all that allergy is a genetic disorder in which sensitization to an allergen reflects the allergen’s ability to elicit a TH2-cell response, IL-4 and IL-13 drive IgE production by promoting immunoglobulin class-switch recombination in B cells.^{4, 11,12} In fact in allergy, above balanced between qualities and quantities of matters has been altered according to functional need of human body. Allergy occurs due to the altered genetic/ primary as well as acquired temperament. *Mizaj* of human body is maintained by *Tabiyat*, so there are some descriptions about *Tabiyat*.

- Renowned Unani physicians *Abu Sahl Masihi* said in his book “*Al Miah*” that the word *Tabiyat* happens to be used for two different meanings, the faculty which governs the body involuntarily, and the power which takes action suitable to the body.
- *Hippocrates* says. *ان الطبيعة هي الشافية للامراض*. *Tabiyat* is to cure the diseases.

He also mentioned, “*Tabiyat* is both enemy and friend of the body”

- **Ibn-e-Nafees** defines Tabiyat as...

الطبيبة هي المبدأ الأول لحركة ما فيه اعنى الجسم الطبيعى ولسكونه بالذات

Tabiyat is the prime source for motion and rest in the normal body.¹⁰

- Unani physicians **Ali Ibne Abbas** says....

و بها تدفع الطبيعة الشئ الذى تتأذى به وتغيرها وهذه القوة خاصة - فى كل عضو قوته لانها تدفع المواد الموزنية لها من عضو الى عضو حتى ان العظام قد تدفع الفضول الناشئة فيها و تخرجها عن بدن بعد ان ينبت عليها اللحم

Tabiyat fights or removes the thing injurious to the body or it changes the morphological features of injurious substances. This power of Tabiyat is found in every part of the body.¹⁵

- According to **Razi**, Tabiyat is solely responsible for the performance of all physiological functions like Homeostasis, Growth, Development, Reproduction and Body Defense. About Body defense he told that it capacitates the body to resist the diseases and pathogens.

- **Ibn-e-Sina** said in “Al- Qanoon-Fil- Tibb” the Tabiyat-e- Insaniah (human physic) provides the capacity to resist the diseases and to make a defensive line against the Madda -e- Marz (Disease causing matter). When the human body is exposed to Madda -e- Marz, Tabiyat takes on Madda-e-Marz until it overcomes the disease or becomes perplexed itself. In last stage, fighting between Tabiyat and Madda-e-Marz gets intensified and domination of one on other appears.¹³

DISCUSSION:

From all mentioned accounts it is evident....Tabiyat is a faculty of the body, responsible not only to guard the body from injurious conditions but also to maintain the changes of internal environment (Homeostasis) in accordance of external environment, as immunity or immune system do. Dysfunction or deficiency or weakness of Tabiyat invites injurious surrounding states as well as it leads to imbalance in internal environments (Homeostasis) of body resulting in Suy-e-Mizaj which don't bear several conditions as in case of dysfunction of immunity (Allergy and autoimmunity) or deficiency (AIDS) or weakness of immune system leads infections (TB, Viral or Bacterial infection). Tabiyat is found in every part of the body as immunity, like dendritic cells in skin, microglial cells in brain, alveolar macrophage in lungs and kupffer cells in liver. Etc.

Ibne Seena says.

الفصل الرابع فى احكام الفصول و تغايرها كل فصل يوافق من له مزاج صحیحى مناسب له و يخالف من له سوء مزاج مناسب له الا اذا عرض خروج من الاعتدال جدا...

The fourth chapter is about description of different weathers and its changes. Every weather suits one who has normal temperament appropriate to him, and don't suit one who has abnormal temperament which is suitable to him but when this has been deviated from being balanced.¹⁵ Likewise it is mentioned in “Merriam Webster Dictionary” in accordance of food Allergy. Over two thousand years ago Hippocrates

wrote about the negative effects that food could have on different people: “For cheese does not prove equally injurious to all men, for there are some who can take it to satiety, without being hurt by it in the least, but on the contrary it is wonderful what strength it imparts to those it agrees with, but there are some who do not bear it well, their constitutions are different, they differ in this respect that what in their body is incompatible with cheese, is roused and put in commotion by such thing and those in whose bodies such a humor happens to prevail in greater quality and intensity are likely to suffer the more from it. But if the thing would hurt all.”

Further Ibne Sina says in his book in the chapter of cold and coryza:

و سبب جميع ذلك اما حرارة مزاجية خاصة من شمس او سموم او شم ادوية مسخنة كما لمسك و الزعفران....

The cause of all these seasonal cold and coryza are either specific hot nature against sunlight or poisons and odour against hot drugs like musk and saffron.¹⁵

So, from above discussion it becomes clear that the allergy or autoimmunity is the exaggeration and deviated action of Tabiyat. i.e., defence functions.

Management of Allergic disorders in Unani Medicines:

- ❖ **Identification of causes or aggravating factors.** First step in the management of allergic disorders is to recognize the sole causative substances as well as aggravating factors which are being proved problematic to the patients.
- ❖ **Removal of removable factors or to ask the patients to avoid exposure to all aggravating factors.** . It is very important step in the management of allergic disorders as patient should be advised to avoid exposures of those things with which he has allergic susceptibility, also try to remove the cause if it is possible.
- ❖ **Gradually Correct the Suy-e-Mizaj..** It may prove effective if patients are advised to get exposed to allergic substances very slowly resulting in adaptation of the body leading to correction of suy-e- Mizaj.
- ❖ **To normalize the faculties of bodies especially Quat-e-Tabiyah leading to normalization of Tabiyat.** As this was discussed in this paper that immunological activities of our body are regulated by Tabiyat Mudabbir Badan. This Tabiyat although is found in every part of the body but its center locates in the Liver. So the single as well as compound formulation for normalizing the Quat-e-Tabiyat or liver, may be found beneficial in the management of allergic and autoimmune disorders.
- ❖ **Rest treatment symptomatically.** Rest treatment depends on symptoms...

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