

## **EMERGENCY THERAPY IN UNANI SYSTEM OF MEDICINE WITH SPECIAL REFERENCE TO RAZI'S 'BAR-US-SA-AH'**

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### **ABSTRACT**

Unfortunately, this is the general presumption that there is no emergency therapy concept in Unani system of medicine, which is absolutely wrong and against the universal fact, as after going through the ancient literature, it is clearly evident that almost all the eminent author physicians have incorporated their researches and experiments regarding the emergency therapeutics in their compilations and even some authors physicians opted it as field of specialization e.g. Abu Bakr Mohammad Bin Zakaria Razi, who in addition to his encyclopedic work 'Al-Hawi fit-Tib', authored a book exclusively on emergency therapy titled 'Bar'us-sa'ah, which proclaims the clear-cut concept of "EMERGENCY THERAPY IN UNANI SYSTEM OF MEDICINE". Razi had the courage to take this step after a scientific deliberation with eminent Unani physicians in the court of wazir Abul-Qasim ibn Abdullah and of course in compliance of the wazir's order. The guidelines and medicines described by Razi are still firm in their basis even after lapse of one mellenium. Author tried highlight the emergency therapy in Unani System of Medicine in the light of Razi's aforesaid work i.e., 'Barus-sa`ah'.

### **Introduction**

Emergency Therapy is being propagated as the innovation of modern scientists whereas this credit goes to Unani Physicians only. Since after going through the ancient literature, it is clearly evident that all the eminent author physicians have the credit to incorporate it their documentary writings and even some Hakims authored the books exclusively on this topic eg. Abu Bakr Mohammad bin Zakaria Razi" (who) by common consent, the greatest of Muslim physicians of the middle ages"<sup>2</sup> authored a treatise on Emergency Therapy entitled 'Barus-sa`ah', which proclaims the clear-cut concept of Emergency Therapy in Unani System of Medicine.

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## Historical Background

Mohammad bin Zakaria Razi came forward to compose a book on the subject while other court physicians were deadly against it, quoting preface of *Barus-Sa`ah`*.

“In the beginning of 9<sup>th</sup> Century A.D., a scientific deliberation of eminent Unani Physicians was going on in the court of Abul-Qasim ibn Abdulllah Fakhri, wazir of caliph Mulktafi and everybody was adamant on the points presented by them. Mohammad bin Zakaria Razi also participated in this hot deliberation. Almost all the physicians were of the opinion that not a single disease may be cured on the spot since the disease appears gradually only after a long process of a accumulation of the decomposed and toxic matter in the body and consequently the body does not tolerate the same and start to evacuate them which is nothing but ailment. Razi replied that undoubtedly, ailment does not arises all of sudden, but contrary to this, gradual somatic dyscrasia takes place and consequently appears in the form of pathogenesis. He had the courage to put his opinion firmly saying `I` do not agree with the opinion that there is no emergency therapy of any ailment. In fact, there are some selected diseases which may be cured if treated immediately and of course within one hour`.<sup>4</sup>

This claim was matter of surprise for other court physicians and wazir Abul-Qasim was so much impressed that he directed Razi to compile a book on the subject highlighting the methodology. Therapeutics of on the spot curable ailments may be dealt with so that people and physicians may refer it simultaneously in emergency and first aid cases. Razi compiled the booklet soon after receiving the green signal from the wazir which comprises of 23 chapters along with effective instant treatment. Razi named it as *Barus-Sa`ah`*, which means immediate relief or relief within one hour.

## Contents

This booklet comprises of the following ailments (right from head to toe) in 23 chapters:

1. Headache (*suda*)
2. Ophthalmic diseases (*ain*)
12. Piles (*Bawaseer*)
13. Fistula (*Nawaseer*)

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| 3. Coryza ( <i>Zokam</i> )                | 14. Scabies ( <i>Jarb</i> )                             |
| 4. Dental ailments ( <i>Asnan</i> )       | 15. Body ache ( <i>Wajul-Aza</i> )                      |
| 5. Foul smell of mouth ( <i>Bhukhar</i> ) | 16. Pain due to burn ( <i>Taujee harqun-nar</i> )       |
| 6. Diphtheria ( <i>Khawaneeq</i> )        | 17. Prolapsus ani ( <i>Khuroojul-maqad</i> )            |
| 7. Leeching ( <i>Taleeq</i> )             | 18. Dysentery ( <i>Zaheer</i> )                         |
| 8. Migraine ( <i>Shaqqeqa</i> )           | 19. Colic pain ( <i>coolanj</i> )                       |
| 9. Epilepsy ( <i>sara</i> )               | 20. Diarrhoea ( <i>khilfa</i> )                         |
| 10. Diseases of the ears ( <i>sama</i> )  | 21. Sciatica ( <i>arqun-nisa</i> )                      |
| 11. Epistaxis ( <i>Ruaf</i> )             | 22. Fatigue and toil ( <i>aya-wa-tab</i> )              |
|   | 23. Itching on the limbs ( <i>al-hikka alal-atraf</i> ) |

### A Glimpse of the Work

After going through the aforesaid enlisted diseases, it is clearly evident that Razi has included number of ailments in the list of emergency therapeutics one millennium earlier. A glimpse of this work will be enough to prove the Razi's claim and proclamation to treat the disease within one hour.

**Headache:** If headache takes place in the forehead, it indicates the sanguineness (*Damvi*):

Treatment: Venesection (*Fasd*) or cupping (*Hajamat*) provides immediate relief.

Same result may be obtained with inhalation of Egyptian opium, its instillation in the nostrils and application on the temples (*Sadghain*).

Following articles also relieve the pain immediately :

- Unnab (Jujubes) duly grinded in water and sieved.
- Soup of lentils (*Adas*).
- Coriander dried (*Kazbara yabisa*).

Pain in the middle of head occurs due to hotness of blood. Few of the recommended drugs for immediate cure are as follows:

- Silk cloth duly soaked in rose oil (*Warad*) and vinegar (*khall*) may be kept on the affected part.
- Linseed cloth (*Katan*) duly soaked in young woman's milk may be kept on the painful place.
- Massage of the sole of foot with violet oil (*Banafsaj*).
- Inhalation of water lily (*Neelofar*).
- Utilization of anti safra extracts.

Headache in the posterior part of head occurs due to excess of phlegm which may be treated promptly with the following drugs:

- Sikanjabin along with radish (*Fajal*) may be given orally for the evacuation of phlegm from stomach.
- Warm water may be given to the patient as far as possible.
- Gargle with Ayarij-e-Faiqra also relieves the pain without delay.

Conjunctivitis: Aetiology: Generally there are two factors responsible for this ailment :

- a) Excess movement in the sun, b) Sitting near the fire for a long period.

Treatment

- Inhalation of Egyptian opium (*Afyun misri*) and its application on the eyes.
- Phlegm productive (*muallid balgham*) articles should be given to the patient.

Common cold (*Nazla zokam*): Its immediate cure is not easy. However its curable treatment is possible with douche (*Natool*) of hot water on the palate till hotness pyres in the brain. The cold will be stopped on the spot.

Fomentation of palate with linseed cloth continuously is also beneficial. The fomentation should be discontinued only after sensation of excessive hotness. This will cure the headache immediately.

Toothache (*Waj-ul-asnan*): Only two examples shall be enough:

- Calotropis sugar (*madar*) (250 mg.) duly covered in cotton will relieve the pain, if kept on the painful molar (*zaras*).
- Mountain resin (*maweezaj kohi*) 2 or 3 number duly covered in cotton should be crushed between two stones. It may be kept on the affected tooth.

Tooth Extraction without instrumental manipulation:

- Pyrethrum (*Aqar qarha*) soaked in wine vinegar for a period of one month and keep little quantity of it on the selected tooth. The tooth will come out after application miraculously.

Foul smell of mouth (*bakhrul-fam*)

- Red staphisa cria without seed duly grinded and sieved along with fresh branches of myrthe should be taken orally after making the pills.

Migraine (*shaqeeqa*):

- Dung of deer or bone of dog will give immediate relief.
- If the cause is facial paralysis (*laqwah*), barley should be soaked in water so that it becomes soft, afterward scale should be removed, then mix gum ammoniac (*ushuq*) and Galbanum (*jaosheer*) 256 mg. each and instill 128 mg. in the nostrils. It will give immediate relief.

Epilepsy (*sara*):

- Epithyme (*afteemun*), Pyrethrum (*aqar qarha*), Levender (*ustokhuddus*), Polypody (*basfaij*) mix up with olive oil of Taif and take equal to one walnut in quantity. Epilepsy will be cured with in one week.

Prolapsus ani (*khurujul-maqad*):

Horn or hoof of goat duly burnt grind and sieved, mixed up with flower of pomegranate (*gulnar*), then take the alum (*shabb-yamani*), gallnut (*afis*), rose powdered, peels of pomegranate (*qishr*), leaves of fresh myrtle (*barg-as-taza*) in equal quantity and prepared the decoction in little quantity of water so that the entire potentially of drugs may be extracted in the water. Sitz bath in the same decoction will be beneficial.

However, in the case of relapse, the intestine should be inserted back in situ and afterward apply the residue as paste. The intestine shall be fixed instantly.

Colic pain (*coolanj*):

- Majoon malooki is beneficial and gives immediate relief.<sup>4</sup>

Copies of the Mss. are preserved in Berlin, Munich, Laden, Khalidiya Quds, Mash'had, Berut, Cambridge, Shaheed Ali Pasha, Istanbul, Mausul, Ahmad Taimoor, Astan-e-Quds, Rizvi Iran, A.P.O.M.L and RI, Hyderabad, Rampur Raza Library, Rampur, Asiatic Society, Bengal, Kolkata and Mualana Azad Library, Aligarh. French translation was published in 1904 AD from Paris, Arabic text was published from Cairo in 1936 and from Iran (copy of manuscript). The last one become basis for this article. It was rendered twice into Persian. One copy is preserved in Bodline Library and another one in Asiatic Society, Kolkata. The subsequent translation was done for Mohammad Qutub Shah (1581-1611 AD). Urdu translation was published from Lucknow alongwith other treatises in 1308 AH with the name *Majmuatul-Rasail al-Aniqa* . Mohammad bin Ibrahim (d. 1504 AD) presented the same in verse titled *Al-Durarus-Satia fil-Adviatul-Qatia*.<sup>3</sup> According to Nayyer Wastey, Mirza Sayed Husaini, Hakeem Bashi not only translated it into Persian but added some chapters also. This translation was published from Iran in 1302 AH<sup>5</sup>.

### Discussion and conclusion

After going through the enormous work and in the light of aforesaid glimpses, it is clearly evident that Abu Bakr Mohammad. Bin Zakaraia Razi was a physician of future. Physicians of modern era may refer this book with full confidence keeping in view that Razi was a credential of top great and master of bed side medicine. Nobody can compete him this field. Dr. Sami K. Hamarneh rightly says with reference to Sezgin: '*Bar'us-Sa`ah*' or healing in one hour, anticipates the use of miracle drugs in our modren time.<sup>1</sup> Furthermore, we may collect more formulae and measures from his encyclopedic work i.e. '*Al-Hawi al-Kabir fit-Tib* and from other repositories of Unani System of Medicene to compile comprehensive work on the subject not only for the benefit of human being but also for the popularization of system.

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## सारांश

### राजी कृत 'बर-उस-सा-अह' के सन्दर्भ में यूनानी चिकित्सा पद्धति में आपातकालीन चिकित्सा

के. ए. सफ़कत आज़मी

दुर्भाग्य से सामान्यतः यह धारणा है कि यूनानी चिकित्सा पद्धति में आपातकालीन चिकित्सा का उल्लेख नहीं है। किन्तु यह पूर्णतया गलत है। प्राचीन साहित्य में देखने पर पता चलता है कि कई प्रतिष्ठित लेखकों एवं चिकित्सकों ने अपने अनुसन्धान और अनुभव के आधार पर आपातकालीन चिकित्सा का प्रयोग किया है। उनमें से कुछ चिकित्सकों यथा अबु बकर मोहम्मद पिन जाकारिया राजी ने इसे व्यवसाय के रूप में भी स्वीकृत किया है। राजी अपने विश्वकोश रूपी कार्य 'अल हवी.फित्.तिब्' के साथ 'बर-उस-सा-अह' नामक शीर्षक से आपातकालीन चिकित्सा पर लिखी हुई एक पुस्तक के लेखक है। इस पुस्तक में आपातकालीन चिकित्सा के सिद्धान्तों को बताया गया है। मोहम्मद राजी ने यह कार्य वजीर अबुल कासीम उबन अब्दुल्लाह के दरबार में स्थित प्रतिष्ठित यूनानी चिकित्सकों की वैज्ञानिक समिति की सहमति और वजीर के आदेश से किया था। राजी की पुस्तक में वर्णित दिशानिर्देश एवं चिकित्सा एक सहस्राब्दी के व्यतीत होने पर भी उपयोगी है। प्रस्तुत लेख में राजी की पुस्तक के आधार पर यूनानी चिकित्सा पद्धति में प्रयुक्त आपातकालीन चिकित्सा को प्रस्तुत किया गया है।