

CORONAVIRUS (COVID-19) AND UNANI MEDICINE: A REVIEW**Masroor Ali Qureshi*, Humaira Bano, Nirmala Devi and Haseeb Lari**

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Medicine, New Delhi).**ABSTRACT**

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. As of April 976,249 are Confirmed cases and 37,116 are Confirmed deaths had been reported worldwide. As the Coronavirus disease is caused by a newly discovered coronavirus so there is no direct reference in the management of Coronavirus disease in the classical Unani literature but most of the symptoms of Coronavirus disease and influenza pandemic are found same in classical Unani books like fever, tiredness, backache, cough, difficulty in breathing, runny nose, sore throat, nasal congestion and aches and pains. Therefore the Management of influenza and other epidemic diseases which are described by Unani ancient physicians in

Unani classical books could be useful for the treatment of Corona virus disease (COVID-19) for mild to moderate illness at home.

KEYWORD: Unani Medicine; influenza pandemic; Coronavirus disease.**INTRODUCTION**

Corona virus disease (COVID-19) is an infectious disease caused by a newly discovered corona virus. Coronavirus are a family of viruses that can cause illnesses such as the common cold, severe acute respiratory syndrome (SARS).^[1,2] A novel coronavirus outbreak was first documented in Wuhan, Hubei Province, China in December 2019. As of this writing, it has now been confirmed on six continents and in more than 100 countries.^[3] As of April by WHO 976,249 are Confirmed cases and 37,116 are confirmed deaths had been reported worldwide.^[4]

The Coronavirus disease (COVID-19) is a newly discovered coronavirus hence there is no direct reference in the classical Unani literature regarding Coronavirus disease (COVID-19).

It has become responsibility of the researchers of alternative/traditional systems to take serious steps in search of safe therapeutic approaches for Coronavirus disease (COVID-19).

There are strong possibilities that some drugs of natural origin, either from plants or minerals would prove effective enough in the management of Coronavirus disease (COVID-19).

Epidemic diseases in unani Medicine and Coronavirus disease 2019

Corona virus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. The common Symptoms of Coronavirus (Covid-19) are similar to influenza pandemic symptoms such as dry cough, fever, shortness of breath, and breathing difficulties. The same symptoms are described by ancient Unani Physicians in their classical Unani books under the chapter of influenza Pandemic (NAZLA WABAI/ NAZLA HAAR) and epidemic diseases.

The Ancient Unani physicians know about the infectious diseases and their management namely Abu Bakr Muhammad ibn Zakarriya al Razi or Rasis 852-932), a great Arab clinician was also the great epidemiologist who described all of the basic tools of modern epidemiologist in his book *Al-judri wal Hasba* and *Al- Hawi*. This book has gained regard in Europe and was translated by Willium Alexander Green Hill *A Treatise on the Small pox and Measles* in July 22, 1847. Al-Razi mentioned fourteen chapters in book.^[5] First chapter is describing the epidemiological triad a recent innovation, though the term is not used as such, in medicine that tells the agent, host & environment relationship and tells infectious disease epidemiology.^[5] Renowned Unani Physician Hakim Ajmal khan described in his book *Unani book Haziq* that Influenza pandemic (Nazla Wabai/ Nazla Haar) out break as epidemic like plague, cholera and other epidemic diseases and caused high death. Further he said older people at high risk.^[6] The most common symptoms of influenza pandemic described in Haziq fever, tiredness, backache, cough, runny nose, sore throat, nasal congestion and aches and pains.^[6] The symptoms described in Influenza pandemic (Nazla Wabai/ Nazla Haar) are same as the symptoms of Corona virus disease (COVID-19).

Another ancient physician Jurjani said in his book *Zakhera-e-Khwarizm Shahi* that “LYING FACE DOWN IS BETTER FOR THE LUNGS. Now in recent study proven that for patients

hospitalized with coronavirus disease 2019 (COVID-19) and on ventilators, lying face down was better for the lungs, according to a research letter published in the American Thoracic Society's American Journal of Respiratory and Critical Care Medicine.^[7]

SYMPTOMS

Corona virus disease (COVID-19) and influenza pandemic/Epidemic diseases

Symptoms of COVID-19	Symptoms of influenza pandemic described in Unani books
Runny nose	Runny nose
Sore throat	Sore throat
Fever	Fever with chills (in some patients)
Cough	Dry Cough
Shortness of breath	Shortness of breath
Persistent Pain or Pressure in the Chest	Persistent Pain or Pressure in the Chest

In Unani Classical books following strategies are suggested for the prevention and Management of Influenza Pandemic (Nazla Wabai/ Nazla Haar) and Epidemic diseases in Unani Medicine.

- Tea three times a day
- Self-Quarantine
- Gargling
- Sanitize home and surrounding by Rose water or Sandal Water or fumigation of camphor or oodh (agar wood).
- Lying face down (Better for lungs)

Since the symptoms of both Corona virus disease (COVID-19) and influenza pandemic (Nazla Wabai/ Nazla Haar) are same, therefore following Unani Medicine is suggested for the treatment of Corona virus disease (COVID-19) for mild to moderate illness at home.

S. no	Drug	Dose	Mode of Administration
1	Sharbat Unnab ^[8,9] Sharbat Khaksi ^[10] Sharbat Zofa Murrakab ^[4,9]	20 ml 20 ml 20 ml	With warm water, every four hours orally
2	Khamira Gaozaban ^[9] Arqe Gaozaban ^[9]	6 gm 30ml	Twice a day, Orally Twice a day, Orally
3	Qairooti Arde Karsna ^[9]	20 gm	Local application apply Luke warm on the chest and covered by cotton or cloth three times a day

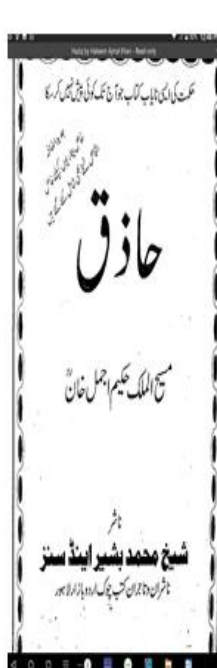
Preventive measures for corona virus disease (covid-19)

Following preventive measures are suggested in Unani classical books for prevention of epidemics / pandemic diseases and same may adopted for prevention of Corona virus disease (COVID-19).^[11, 12, 13]

- Tea three times a day^[6]
- Grape or lemon juice, three times a day^[15]
- Gargling
- Sanitize home and surrounding by Rose water or Sandal Water or fumigation of camphor or oodh (agar wood)^[15]
- Taqleel ghiza (Reduce diet in quantity)
- Tiryaaq Wabai 2.5 gm twice a day^[11, 13] (A semi liquid Unani Medicine).
- Keep Social distancing and avoid contact with infected person.^[14]

CONCLUSION

It has been concluded that searched literature indicated that all the symptoms of Influenza Pandemic (Nazla Wabai/ Nazla Haar) and Epidemic diseases in Unani Medicine and COVID 19 are almost same therefore on the basis of literature all the management and preventive measures described could be adopted in COVID 19 for mild to Moderate illness at home.



نشانیان جس آدمی کو کہ زکام گرم عارض ہو تو آنکھیں اور چہرہ سرخ ہوگا اور بچہ کچھ ناک سے نکلیگا گرم اور تیز اور زرد رنگ ہوگا اور ناک اور حلق کو جلا دیگا اور دغندہ پھونچائیگا اور اگر تپ آئیگی تو درد سر اور رنج زکام کا زیادہ ہوگا اسوجہ سے کہ تپ دماغ کو بہت گرم کرے گی اور دماغ گرم موادوں کو اپنی طرف کھینچے گا اور درد سر بھی بسبب زبونی دماغ کے ہوگا اور

زکام گرم اور سرد میں جیت نہ سونا چاہیے تاکہ مواد سینہ پر نہ اترے اور بہتر یہ ہے کہ سر ہانا یا چپا کرین اور اسے کھینچ کر سووین کہ مواد ناک کی راہ کی طرف سیل کرے اور سینہ پر نہ اترے

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ذخیرہ خوارزمشاہی

ہو تا ہمدت گرم بیمار یونگی سات دن ہو کہ ساتویں روز کے بحران میں نہ وال ہو تا ہوا اور اگر بہت گرم نہوں مدت آنکی چودہ روز
ہوا اور چودھویں دن کے بحران سے نائل ہوئی ہیں

رنگینہ اور خوشبو جو فو کہ سردا کھڑا قسم کا فوراً اور صندیل اور گلاب غیرہ سے
طیار ہو مٹا لیا جائے اور نام دن میں چند مرتبہ مکان میں چھڑکا دیا جائے خصوصاً گلاب اور عرق بیدیاں سے خواہ عرق شلوہ سے اور اگر نالے
جائی ہوں اور نہ روق کے فریہ سے چھڑکا دیا جائے تو بہتر ہے



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