

**ZEEQ UN NAFAS – ASTHMA CAUSES AND TREATMENT IN THE CHANGING CLIMATE, A GREECO ARAB LITERARY APPROACH**

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ABSTRACT

The changing climate as well as environmental pollution has forced the world to come together and take a serious note of pollutant factors affecting the health of mankind and increasing the resistance level of disease as well as creating new diseases. Asthma is a lung disease. The study of classical Unani literature reveal that Unani physicians of ancient era were fully aware of the disease, its causes, treatment, complications and prognosis, they tried to understand various phases and developed success full therapies and applied the concept of Akhlat and left it for posteriority. According to classical literature of Unani

Tibb, the occurrence of the disease has raised many folds in the recent past. Due to industrial and vehicular pollution as well as housing pollution and occupational hazard also which has created climate changes as well. The contemporary Allopathic medicine is not enough to eradicate the disease or provide a safe, free from toxicity medicine. Hence, the need of the hour is to search new, safe and viable alternative treatment to save the lungs of our future generations from ailments. This paper is an attempt to revisit the ancient Greco Arab literature to search better, lasting and safer treatment of Asthma.

KEYWORDS: Unani, Zeequnafas (Asthma).

INTRODUCTION

The ever increasing pollution due to unplanned or haphazardly planned industrialization as well as out of control vehicular pollution especially in countries like India, china, Pakistan, N. Korea, Bangladesh and some African nations like Nigeria, Kenya and Sudan where latest

effusion norms set by European Union are not adhered, the new type of disease surfaces and old diseases are increasing. Asthma is not new in Unani literature and it is one disease that constantly increases with pollution and make the life miserable.

The contemporary Allopathic treatment has its own good and bad sides but it does not offer long lasting solution that may be safe, free from side effects or have the preventive effect.

Abu Bakar Mohd Bin Zakariya Razi quotes Jalinoosas under, when asthmatic condition occur suddenly with heaviness in the chest it indicates the flow of cold matters to the chest and this is because pulmonary bronchi are full of humours or because pus or blood has accumulated around the lungs and it is called *Zatul Janb(paslichalna) nafsud dam* (cough with blood) when there is nothing like that the cause of asthma are phlegmatic humours.

Jalinoos has recommended some treatment but stresses on the use of honey and filfilabyaz (white pepper) and has recommended *mushil ebalgham* drugs for sticky humours. Razi has described various types of *rubveor* asthma (*Dama*) including one that is caused due to heat in the lungs. Razi has advocated *fasad* as one of the method of treatment of asthma from the left side. He also recommended some dietary restrictions for the patient and described a mixture of methi, dates and honey as best diet for the patient. Razi has also quoted Tabri who recommended the use of camel milk, goat milk as beneficial. He quotes *ahran, bols, sikander, ibn-e-swaih, aribaas-iyooos, kanash, al-lajlaaj, ibn-e-sarabiyoon, hunain, athurasfas, sedeshaar, kautayans, and jalinoos* who have described the disease in their treatises in details and have recommended more than 100 single as well as compound drugs for the treatment of almost all types of asthma.^[1]

When a person is suffering from asthma he always has cough and face of his colour becomes blackish with dyspnoea. The complaint will increase on lying on bed and will reduce on sitting straight in this condition decoction should be used.^[2]

Pathogenesis

Dama is the disease related with lungs and develops in the lungs. The patient's rate of respiration increases despite being in rest and relief time between two respirations reduces because of which the need of oxygen increases but it does not reach in the heart due to the congestion and accumulation of *Akhlat* (Humours) in the airways, so when the deep and easy respiration cannot fulfil the need, the need of respiration increases and become *Azeem* (big). If

the need still remains the respiration become *sari* (fast). If the need still not fulfilled it become *mutawatir*(continuous) and the disease is called *ZeeqUlNafas* as well, there is another condition of Asthma where patient stands for the improvement of easy respiration so the airways opens and the transport of oxygen becomes easy.^[3]

If the cause of dyspnoea is the fluid which absorb from the lungs it should be treated with the drugs that may dry that fluid and expel it by application of *munzij*. When the asthma is due to inflammation in lungs or chest then every cooling and softener as well as anti-inflammatory drugs like *aashjau*, barley flour and water of fenugreek and water of pumpkin should be given.

In case of straight asthma and *istarkha* of muscles and nerve the massage of softening oil is recommended. The author has prescribed other types of asthma as *Zeeq Un Nafas Mustaqeem* (standing asthma) which occurs due to accumulation of gaseous *madda* in chest due to dryness or excessive cold.^[4]

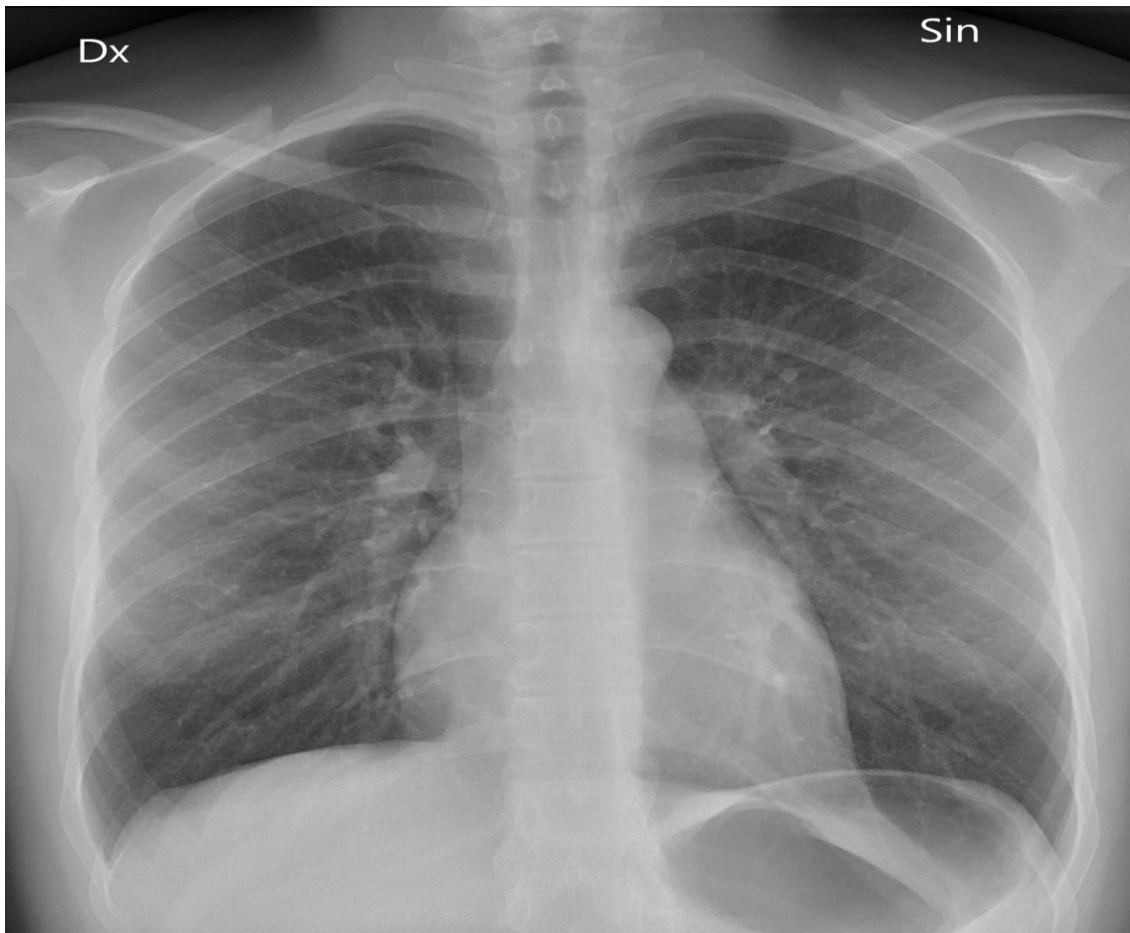
According to modern system of medicine Asthma is defined as a chronic inflammatory disease of airways that is characterized by increased responsiveness of bronchial tree to a multiplicity of stimuli.^[11] According to Harrison's principle of Internal Medicine, Asthma is a syndrome characterized by airflow obstruction that varies markedly, both spontaneously and with treatment. Asthmatics harbor a special type of inflammation in the airways that makes them more responsive than non-asthmatics to a wide range of triggers, leading to excessive narrowing with consequent reduced airflow and symptomatic wheezing and dyspnoea. Narrowing of the airways is usually reversible, but in some patients with chronic asthma there may be an element of irreversible airflow obstruction. The increasing global prevalence of asthma, the large burden it now imposes on patients, and the high health care costs have led to extensive research into its mechanisms and treatment.^[14]

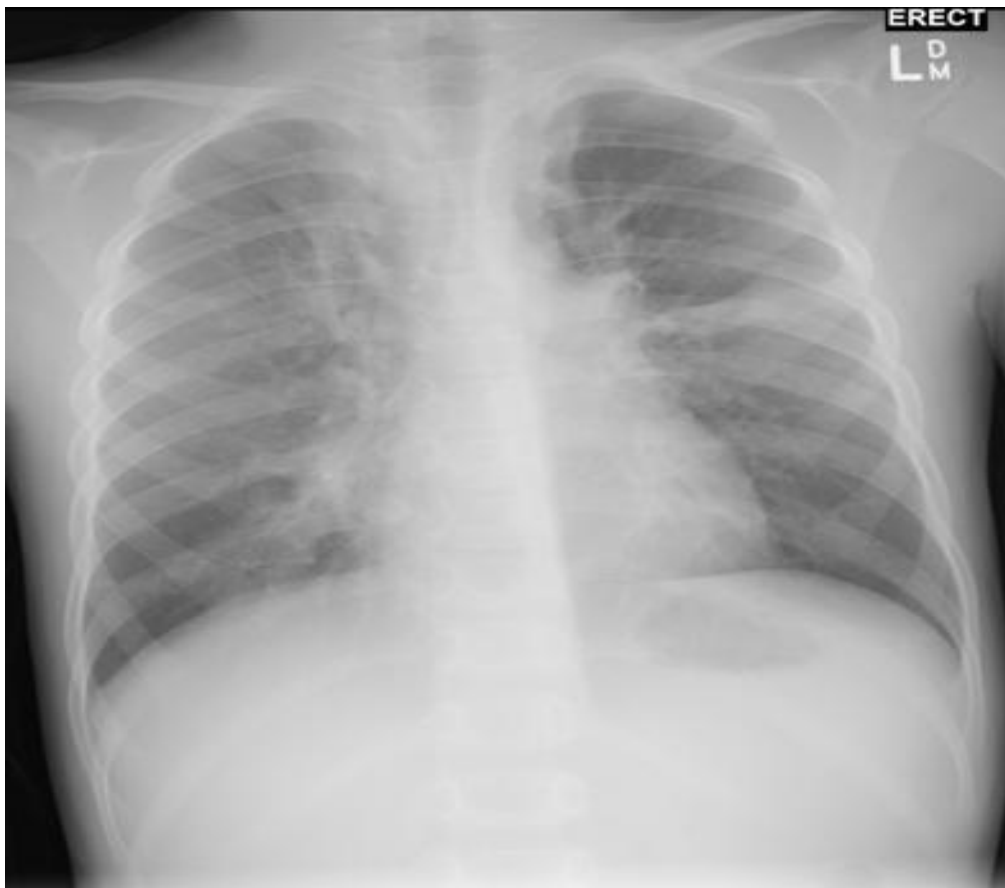
Occasionally asthmatics have a yellow tinge to the sputum, owing to the presence of many eosinophils. A particularly tenacious form of mucoid sputum may also be produced by people with asthma, and sometimes they cough up casts of the bronchial tree, particularly after an attack. Patients with bronchopulmonary aspergillosis may bring up black sputum or sputum with black parts in it: this is the fungal element of the *Aspergillus*.^[12] Bronchial hyperresponsiveness is common to all forms of asthma. It is measured by assessing pulmonary function before and after exposure to methacholine, histamine, cold air, or

exercise. Prolongedaerosol corticosteroid therapy reduces bronchial hyperresponsiveness. Prolonged therapy with certain other anti-inflammatory drugs, for example, cromolyn sodium or nedocromil, also reduces bronchialhyper responsiveness. Note that although both cromolyn andnedocromil were originally touted as “anti-allergic” (they inhibit mast cell activation), they affect most cells involved in inflammation; also, the effects on these cells occur at lower doses than those that inhibitmast cell activation.

When sputum is particularly foul-smelling the presence of anaerobic organisms should be suspected. Pink or white frothy sputum may be brought up by very ill patients with pulmonary oedema, for example in acute left ventricular failure. Rusty-coloured sputum is characteristic of pneumococcal lobar pneumonia. Blood may be coughed up alone, or blood stained sputum produced, with bronchogenic carcinoma, pulmonary tuberculosis, pulmonary embolism, bronchiectasis or pulmonary hypertension (e.g. with mitral stenosis).^[13]

Normal X ray



X ray of Bronchial Asthma

Sometimes asthma is caused without *madda* (humour) due to cold alone, sometimes it is because of some problem in the supply organs of lungs, nerves and tendons. Sometime it is caused due to gaseous steam which is blocked in the lungs. Sometimes it is caused by the air which is blocked in the lungs which creates problem for fresh air to come inside the body sometime it is occur due to small chest and it is called congenital asthma. Mostly asthma transfers to *zaturriya*.

Asthma is a disease of lungs, the patient take fast breaths just like racer or diphtheria affected patient, if the disease occurs in old age its cure looks distant and *nuzuj* does not appear in its *madda*, even if it happens in youths its treatment becomes difficult and it aggravates while lying on back. It continues for longer hours and its attacks are fast enough like epilepsy and spasms, sometimes this *khilt* (humour) is cold in lungs.

Sometime this *khilt* is neither in lungs nor in veins but it is in stomach and descends from head to stomach, sometime the *khilt* descends in liver, sometime the cause is in lungs and neighbouring vessels are filled with viscous humour, sometime it cause is in trachea and

spongy parts of lung, sometime this fluid descends from head especially in southern countries and when southern wave are on rise.^[5]

“Rabve(asthma) is the disease of lung which happens in the lungs. The patients breathe fast and repeatedly. The time span reduces between two breaths as the need for cold air (oxygen) increases and it does not reach heart due to narrowing of veins and fullness of *akhlal*(humours). So the early and deep breathing fails and fast breathing replace it. Sometime patients need to stand and straighten his neck and breathe as airways open and breathing become easy”.^[6]

“There is the condition where respiration of lungs stops due to fullness of bronchi with viscous phlegm. The lungs absorb them from chest cavities and neighbouring organs. Galen has said sneezing is bad when *madda* is present in the lungs and chest, the movement of sneeze stop *Nuzj* but helps in expulsion of materials after *Nuzuj*.”^[7]

“Rabve means difficulty in breathing it is called Bohr. Some physicians differentiate between them, this disease stays for long. It occurs like fits and its cure is difficult, it require early treatment. Treatment is *munzij* and mushily with *Sharbat-e-zoofa*, the meat of birds with hot spices is recommended if phlegm is excessive decoction of *tukhmealsi* with honey is advised.^[8]

Hakeem MohdAzam khan, a well known physician of British Era has described asthma as a condition of breath where multiple conditions are responsible for creating difficulty in breathing. He has eight basic types of asthma and a no. of causes for asthma, likewise he has described more than hundred drugs for various types of asthma.^[9]

According to the author this disease occurs more in old age people due to excess of phlegm and it is treated with *munzij* and *mushil*, the author has described number of drugs in his treatise. He has differentiated between two types of asthma.^[10]

- 1.) Gaseous
- 2.) Balghami

Cause

Sometimes it is viscous, thick phlegm(*balgham*) which the lungs attract from chest and bronchi due to its spongy structure or *nazla*(*balgham*) descends from head and gets accumulated in bronchi's of lungs.^[11] Sometimes viscous phlegm causes it as the lung attracts

it from bronchial vessel due its spongy shape or descends from head on tracheas and filled the bronchial cells of lungs. Some physicians call it *Intesabuunafas* and called *rabveand bohr* the condition where the bronchus of lungs fill with pus, some physicians call *imtila*(fullness) of vessel *Urooq e Khasna*.^[4]

Sign/Symptoms

There is crept sound. The phlegm come out with cough, difficulty in breathing, tongue is out, especially at the time of hard labour work. “Despite continuous flow of air it is *azeem*(big) as the domination of heat and burning necessitate the absorption of cold air (oxygen) and expulsion of smoke like gases(carbon di oxide)”.

Jaalinoos(galen) has echoed the same view in his *Tashreeh eKabeer* and has given example of animal respiration method.

“In this condition *nabz* is *azeem*(Big) and polydipsia is present”.

“Sometimes gases of heart fill the lungs and chest and close in there and narrow the airways *Imtala* (fullness) develops in the cavities of chest and lungs cannot expand properly.^[1] Dryness increases and demand for wet and cold things increases as excessive dryness remove wetness; the voice is low as the volume depends on narrow and openness of the Airways”. “Sometimes this disease is caused by inflammation of lungs in which case the pressure rises inside the lungs thereby lungs do not expand”.

“Sometimes it occur due to the inflammation of neighbouring organs like Diaphragm, liver or Spleen resulting in the blockage of the airways”.^[1]

“Permanent fast respiration increases while lying on bed and having cough. If cough is absent, patient will die due to asphyxia in sleep or will die after certain time period. Sometime the cold in liver causes Asthma". Sometime it affects heart as it need more absorption of cold air (Oxygen) resulting in continuation of breathing.

Sometimes this disease occurs due to involvement of spleen and this will lead to Ascites. Discontinuation in breathing just like in children may happen due to (*istirkha*) in chest muscles. It is suggestive sign that air's outgoing exceeds intake. Sometime both the above conditions happen at the same time. Sometimes patients breath through body subcutaneous

tissues. Sometimes the disease occurs due to coldness in heart. He hardly survives. There are some more symptoms of Asthma in that case patient has.

- 1) Wheezing in chest
- 2) Sputum with cough
- 3) Difficulty in breathing
- 4) Tongue always out (mouth remain open).⁽⁴⁾
- 5) Sputum does not comes out with cpough then patient may die in sleep due to Asphyxia or *Istesqa e Lahmi*(Ascites meaty) will happen.

Treatment

1. Use anti-inflammatory drugs like *Sharbat Zoofa*, *Sikanjabeen Ansli* Don't use hot *laooqat* which create excess heat like decoction of *anjeer*, *methi*. *Zoofa-khushk*, *shahd* (honey), *zafra* and fried onion, when the matter (*madda*) become mature and give the decoction of *mooli*(reddish) and honey and clean the body through vomiting and after that use purgatives like *ghareerqoon* and *ayarijat*.^[1]
2. Do venesection of basilic vein, use *Sharbatbanafsha*, *Sharbatnilofar* and barley water. Flour of Barley, fresh milk, Fresh goat milk, ladies milk and apply wetting and oils on chart.^[1]
3. Sometime chest muscles become loose and weak.

The Respiration breaks and entry and exit of air doubles, it is called *Nafse Muzaaf* (Double Respiration). The cause of this condition is weakness of lung. In this case the patient can breathe only while standing when the pulse is soft. The use of decoction of *methi* with honey and massage with Roghan Shibt^[4] should be advised.

Sometime lungs become dry and twist resulting in the collapse of lungs just like it happen at the last stage of Diqq (Tuberculosis).^[1]

The *sikanjabeen* prepared by mixing honey in the water of fried onion.

The following decoction is advised *Tamare Hindi* 10 no.s *Maveez Red* 10 no.s *Hulba* 10 gms
Tukhmekarafs 10 gms.

Badiyan 10gms *Persioshan* 10 gms

Mulethi 10 gms

Zoofa Khusk 10 gms

Zeera 10 gms

Filfilsafed 10 gms

Badam 5 dirams

Zarawand 10 gms

Anjeer 10 no.s

Murmakki 10 grams

Honey as need may be.

Decoction be prepared and given to patients and *Majoon* can also be made.

After using for seven days patient will be asked to vomit by using Mustard, Honey, Radish, *Sikanjabeen*, *kutki* Methi and *zabeeb*. Half gram of *Roghan Badam Sheereen*, *ghariqoon* three grams be given or hot enema is given for relief. *Shahmehanzal* one fourth gram, *Qussaulhumar* one gram, *rubbusoos* half gram be grinded and tablet made. After that decoction will be repeated for seven days and after purgation, the decoction repeated again, Diet Bread, *Baqilla*. If asthma is produced from hot materials the cold in nature medicine is given like *Arqkasni*, *Arqmako* should be given.

Restriction -coldbath, wet diet, water after hours of diet, not to sleep excessively and steam be taken.

Exercise – light exercise

Another medicine is useful like-

Zoofa 3gms

Mulethi 3gms

Rai 3gms

Zeera 3 gms

Filfil 3gms

Anisoon 3gms

Tukhme Anjeer 3 gms

Majoon prepared in honey and may be given daily.

Galen said “sneeze is bad when materials (*madda*) is present in chest and lungs”.^[2]

Ibnesarabiyoon has said *ghariqoon* and *afteemoon* are beneficent in this disease and I have seen a number of people being cured.

If the disease is due to spleen, the treatment of spleen will be advanced, If it is due to heart then heart shall be treated first, If it is due to involvement of chest muscles then cold shall be treated and hot drugs and food shall be advised and avoid wet and viscus diet.^[2] The lungs are dried in powder shape along with sheeramaveez be given, like wise. The paste of *Anjeer*, *AradJau*, *Arad Kalonji*, Honey, *Roghan Kalonji* and *suddab* can be applied on chest. Some oils also may be used.

Ibn e sarabiyoon has advocated following Drugs.

Vaj

Fowah

Qustesheereen

Murmakki

Revandchini

Juntiana roomi

Zarawandtaweel

DOSE- 3 grams two times a day.

For external use – *Roghan Sosan*, *Roghan bakain* and *roghan nargis* may be used.

Prognosis

Buqrat had predicted death for the child who suffers from asthma.

1] Formulae

Zeera, *Murmakki*, *Afyoon* in equal composition 1 or 2 tablets daily with *Sharbat Khashkhash*.

2] Formulae

Anjeer zard 35 gram, *Munaqqa khuskh* 35 gram, *Methi*, *Tukhm e karafs*, *Badiyaan*, *Pershioshan*, *Mulethi*, *Zoofa*, *Farasiyoon* [Each 15.5 grams]. Socked in 1 litre water, when 400 ml remain 135 grams with 9 grams of following *Majoon* is given for 3 days.

Formulae of Majoon

Rubbussoos, *Zoofa*, *Pershiaoshan* (each 35 grams). *Qarad manna*, *Filfil*, *akhrot*, *Badam talkh*, *Zarawand gole*, *Tukhm e utangan* (each 17.5 grams). Honey as per need, after giving for 7 days and vomiting by honey and Mustard, apply this tablets for *Ishaal Gariqoon* (2.5 grams) *Shahm e hanzal* (750grams), *Usara Qissaul humar* (500 grams) *Rubbussoose* (1.5 grams).

These are following herbs and shrubs should be used

- 1] *Sikanjabeen Ansali* with *Sirka of Asqeel*
- 2] *Ayarij faiqra*
- 3] *Zarawand mudharaj* with Honey.
- 4] *Qantooriyoon daqeeq* boiled with honey.
- 5] This drug opens the blockage of brain, tone up the lung *zoofa, bekhe sosan* and *kalonji*.
- 6] *Badam talkh* – flour of *turmus* in equal weight with honey, it can be taken with *sikanjabeen*, if patient cannot absorb heat.
- 7] *Habb e sanober* with honey.
- 8] *Habbul batoon, behroza, anjeer* with honey and *roughan badam sheereen safaid*.
- 9] *Behroza* with Honey.
- 10] *Mushil* with *Dawa-e-murrakab, Turbud Ghariqoon, NamakSiyah*

Another laooq that benefits asthma patients is as under.

- 1] Onion (1 gram)
- 2] *Farasiyoon* (1gram)
- 3] *Asqabeel* (fried) (1gram)
- 4] Honey

Prepare and give it 5 gram in the morning and take decoction of *saleekha* or *hasha* or *Biranjaisif* or *footanj*.

Other formulae of asthma is as follows

Unnab 20 no's

Sapistan 30 no's

Tukhm e khatmi 10 grams

Tukhm e khubbazi 10 grams

Mulethi 17.5 grams

Qantooriyoon daqeeq (14 grams)

Post bekhe haleela (14 grams)

Hasha kibr (14 grams)

Footanj kohi (14 grams)

Biranjaisif (14 grams)

Post bekhe raziyaana (17.5 grams)

Post bekh e karafs (17.5 grams)

Zoofa (14 grams)

Bekhe sosan (10.5 grams)

Farasiyoon (10.5 grams)

Zarawandmudahraj (10.5 grams)

Sazij hindi (7 grams)

Mastagi (7 grams)

Sunbul ut tib (7 grams)

Take water 3 litres, boil and keep only 350 grams after boiling and give 11 grams along with 5 grams majoon alfi and 3.5 grams Habb e sanobar. If the need is to increase the power add Tiryaaq arba (2 grams) every day. Diet hot dry and soft in nature like Teetar, Bater, prepared in grams fish, vegetables *podina*, *suddab*, *karafs*, *satar*, *chuqandar*, dry fruits, *maveez munaqqa*, *anjeer*.

Soften the phlegm (balgum) with an anti inflammatory and softener drugs like *sharbat zoofa*, *sikanjabeen ansali* when *madda* become soft and mature.^[4]

Dietary Restriction

Fat, fresh fish, milk, and grains which produce gas and aggravate the decrease, avoid exercise after meals as excessive exercise after meals or create *sauda*. Massage should be hard and powerful. Salt and *boora* may be pasted in hands, after that *roghan benafsha* may be applied on chest.^[2]

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