

Unani concept and management of Zauf-e-Kulliya (weakness of kidney)

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Abstract

The world is facing a global epidemic of kidney disease, as it increases patient mortality and morbidity and puts major economic strain on health care system. Zauf-e-Kulliya is one of the disease conditions of the kidney, which may occur due to Sue Mizaj (abnormal temperament). This literary research aimed at exploring the Unani concept and management of Zauf-e-Kulliya to pave the path of its prevention and cure. Data were gathered from Unani classical texts, scientific journals and databases such as MEDLINE, PubMed, and Google scholar. As per the available literature, the weakness of kidney occurs in its muscular part, which is mainly responsible for the absorption and filtration of blood. Even if vessels, ducts and pores are a bit deranged, the filtration and reabsorption of blood doesn't occur properly. The filtrate contains blood stain and nutritious matter, and urine seems like ghassalah (wash of fresh meat). Unani system of medicine is ever reliable ancient medicines that rely on holistic approach in management of diseases. In this system, the naturally occurring substances, mostly herbal medicine are used in the treatment of different types of diseases including kidney diseases but these are still not in use unless these are not described in diseased aspect. Because the drugs advised for the various ailments are totally based on Unani Kulliyat (fundamental), it becomes necessary to reveal these concepts, by which physician may apply them. Valuable descriptive literature is available in classical books about this condition under heading of Amraze Kulliya, in which Unani scholars mentioned causes, diagnosis and effective line of management and treatment to prevent this condition.

Keywords: Amraze Kulliya, Zauf-e-Kulliya, Unani, kidney diseases

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