

## Preventive and curative aspect of Ilaj bit tadbeer (regimental therapy) in lifestyle disorders

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### Abstract

Life style of human being has changed drastically during last few decades, which has caused many adverse effects on human health. Diseases associated with the way a person or a group of people lives are known as lifestyle diseases. Life style disorders are common among the elderly as well as the youth. This review is focused on exploring how to adopt Ilaj bit tadbeer for the prevention and in the treatment of life style disorders. The data were gathered from the authentic Unani classical texts, published scientific articles and from the web. Unani healing system employs a holistic approach to the prevention and treatment of diseases. Prevention of disease is as much as concern of the system as curing of sickness. Hence, in Unani system six essential factors (*Asbab-e-Sitta Zaroriayah*) and where applicable, some non-essential factors (*Asbab-e-Ghair Zarooriya*) have been laid down for the promotion of health and prevention of disease. A proper maintenance of these factors leads to healthy life. Ilaj bit tadbeer (regimental therapy) are the procedures that help to maintain the health by regulating six essential factors through various mechanisms. They are Hijamah (Cupping therapy), Ilaj bit ta'leeq (leech therapy), Qai (emesis), Hammam (turkish bath), Dalak (massage), Riyazat (exercise), Is'hal (purgation), Nutool (pouring), etc. There are a number of scientific studies suggesting that the life style disorders could be prevented and treated by the correct application of these regimens.

**Keywords:** Lifestyle disorders, prevention, essential factors, Ilaj bit tadbeer

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