

Unani Medicine from Egypt to Hippocrates of Cos and Ayurveda Medicine to modern Day

Are the Traditional medicinal Systems of Unani, Ancient Greek and Ayurveda Based on the Same Principles of Restoration of health?

R. M. D. S. Randiwela

*Department of Western Classical Culture and Christian Culture,
University of Kelaniya*

dinushisrandiwela@gmail.com

Out of the numerous medical systems, Unani medicinal system from Egypt, Greek medicine from ancient Greece and Ayurveda medicine from India can be identified as three principle traditional medicinal systems that have survived up to the modern world of medicine. It is remarkable to note that one can witness similarities in the teachings and practices based on the principles of restoration of health among these three traditional medicinal systems. This research concentrates on the three traditional medicinal systems of Unani, ancient Greek and Ayurveda to examine whether all three systems of traditional medicine are based on the same principles of restoration of health. Though it is difficult to find the primary influence, it can be seen that the basic principle of medicine is the basis of the three traditional medicinal systems, Unani, Greek and Ayurveda. traditional medicinal systems identify them to be blood, phlegm, yellow bile and black bile. Moreover, all three systems of medicine deal with the basic principle based on the concept of any disturbance caused to the balance/ equilibrium causes disease and by restoring balance to the unbalanced or disturbed, health can be restored to the body. A qualitative data analysis was used as the study had to interpret historical material in this study. Historic and comparative methods were also used to meet the expected findings and conclusions of the study.

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