

**TOWARDS A NEW NORMAL HEALTHY LIFESTYLE BY IMPLEMENTING THE CONCEPT OF ASBAB SITTA ZAROORIYAH(SIX ESSENTIAL FACTORS): A REVIEW****¹Muthalib AM, ²Nifras MMM and ³S. M. Mujahid**¹Senior Lecturer & Head, ²Demonstrator and ³PG Scholar of Moalejat^{1&2}Department of Clinical Medicine^{1&2}Institute of Indigenous Medicine, University of Colombo and ³Government Nizamia Tibbi College^{1&2}Colombo, Sri Lanka and ³Hyderabad, Telangana, India**Abstract**

The COVID-19 pandemic which is an ongoing global pandemic caused by Severe acute respiratory syndrome corona virus 2 (SARS Co-2). COVID-19 is not only a global pandemic and public health crisis but also a socio-economic crisis. Adapting to the 'New Normal concept' is considered as an ultimate goal to mitigate the consequences of COVID-19 pandemic. In the classical texts of *Unani* medicine, there is no any description about Corona virus but clinical features are similar to those of *Amraz e waba* (epidemic disease), which is a broad term for all types of epidemics, is mentioned. According to *Unani* system of medicine, the real cause of the disease is disturbance in any one of *asbabsittahzarooriyah* (six essential causes) such as *Hawa-e-muheet* (atmospheric air), *Makool-wa-mashroob* (foods and drinks), *Harakat-wa-sukoon-al-badaniya* (physical movement and repose), *Harakat-wa-sukun al-nafsaniya* (Psychic movement and repose), *Nawm-wa-yaqzah* (sleep and wakefulness) and *Istifragh-wa-ihitbas* (Evacuation and retention). Disturbance to these factors causes the *Tabi'at* (physis) to become weak, therefore alteration in the *kammiyat* (quantity) and *kaifiyat* (quality) of in the *mizaj* (temperament) of the body humours (*akhlat*) takes place which is favourable to microorganism to attack the body. *Unani* system of medicine is totally based on the holistic approach to health preservation and prevention of the diseases. This review focuses on preventive aspect of *Amrazewaba* (epidemic diseases) including improvement of immunity by application of the concept of *Asbabsittahzarooriyah* (six essential factors) for lifestyle modification and in order to move towards a new normal healthy lifestyle.

Keywords: *Asbab-Sitta-Zarooriyah*, *Amraz-Waba*, New Normal, Pandemic, Six Essential Factors.**Introduction**

The COVID-19 pandemic which is an ongoing global pandemic caused by Severe acute respiratory syndrome corona virus 2 (SARS Co-2). COVID-19 is not only a global pandemic and public health crisis but also a socio-economic crisis. Adapting to the 'New Normal concept' is considered as an ultimate goal to mitigate the consequences of COVID-19 pandemic.

Unani system of medicine also called as Greeco-Arabic medicine which is an ancient system of medicine originated in Greece 5000 years back and based on philosophy of Greek physician *Buqrat* (Hippocrates), Roman physician *Jalinoos* (Galen) and Arab physician *IbnSina* (Avicenna), *AlRazi* (Rhazes), *AlZahrabi* (Abulcasis) and *Ibn Nafis*.^[1]

According to *Unani* system of medicine the human body is considered to be composed of following seven natural principles or components of the body known as *al-umur-al-tabai'yah* (Principles of human physiology). *Al-umur-al-tabai'yah* is a term derived from the word *tabi'at* (physis-nature). *Tabi'at* which is also known as *al-tabai'at-al-mudabbir-lil-badan* is considered the supreme planner of our body. These are the factors responsible for the existence of the human body and maintenance of health. These are as follows, *Arkan* (Elements), *Mizaj* (Temperament), *Akhlat* (Humours), *A'za'* (organs or members), *Arwah* (Pneuma or vital spirit), *Quwa* (faculties or powers), *Afal* (functions).^[2]

In addition to above seven *umurtabai'yah* the following *asbabzaruriyah* (Essential causes) are also considered which influence the human body with respect to preservation health or causation of disease such as *Hawa-al-muheet* (atmospheric air), *Makool-wa-mashroob* (foods and drinks), *Harakat-wa-sukoon-al-badaniya* (physical movement and repose), *Harakat-wa-sukun al-nafsaniya* (Psychic movement and repose), *Nawm-wa-yaqzah* (sleep and wakefulness) and *Istifragh-wa-ihitbas* (Evacuation and retention). Disturbance to these essential factors causes the *Tabi'at* to become weak, therefore alteration in the *kammiyat* (quantity) and *kaifiyat* (quality) of in the *mizaj* (temperament) of the body *akhlat* (humours) takes place which is favourable to microorganism to attack the body.^[2] Therefore, the diagnosis and treatment of these diseases is based on *akhlat*. The micro-organisms as a causative agent, are not taken into account while making diagnosis and giving treatment to the infectious diseases.^[2]

In the classical texts of *Unani* medicine, there is no any description about Corona virus but clinical features are similar to those of *Amraz e waba* (epidemic disease), which is a broad term for all types of epidemics, is mentioned. *Unani* system of medicine is totally based on the holistic approach to health preservation and prevention of the diseases.



There is certainly a power of defense force in our body known as *Tabi'atmudabbirlilbadan* which keeps us immune from certain microbial diseases. And whenever we are attacked by these organisms and become sick *tabi'at* fights against these microorganisms with a large number of defense mechanisms, by mobilizing the whole biological system and thus the disease is eradicated.

This review focuses on preventive aspect of *Amrazewaba* (epidemic diseases) including improvement of immunity by application of the concept of *Asbab e sittahzarooriyah* (six essential factors) for lifestyle modification and in order to move towards a new normal healthy lifestyle.

The objectives of the study are to give an overview on the concept of *Amraz e waba* (epidemic diseases), to apply the concept of *Asbabsittahzarooriyah* (six essential factors) for the prevention of epidemic or pandemic diseases and, to correlate the concept of *Asbabsittahzarooriyah* (six essential factors) with internationally accepted modern guidelines for prevention of pandemic.

Methodology

Data on description on the concept of *Amrazewaba* (epidemic diseases) and the concept of *Asbab e sittahzarooriyah* (six essential factors) collected from authentic *Unani* text books and journals and correlated the concept of six essential factors with internationally accepted modern guidelines for prevention of pandemic mentioned in the journals and website.

Concept of *Amraz e waba* (Epidemic diseases)

Amraz-e-Waba is a broad term which is used in Unani medicine for all types of epidemics.^[3] Although there is no by-name mention of various kinds of microorganisms in the ancient *unani* literature. *IbnSina* in his book *Al-Qanun* has mentioned the microorganism as *khabisah*, and to the air pollution, during epidemics, he has mentioned as *taghayurjauhari*. According to *IbnSinaAmraaz-e-Wabae* (epidemic) spread from one person to another rapidly and can transmit to one city to another like a message. It is evident that they were aware of from infection and contagion.^[2] It is believed that *amraaz-e-wabae* spread by contagion or *ajsam-e-khabisa* if they are present in water or air.^[4]

In *Kitab-al-Mansoori*, *Zakariya Razi* stated that most of the *amraaz-e-wabae* (epidemics) spread in the autumn season especially if the previous summer season was moist, and the wind is tranquil. The direction of winds plays a significant role in the spread of the *amraaz-e-wabae* (epidemics). According to *ZakariyaRazi* patients of epidemics may always have something common like place, food, drink or travel history. *ZakariyaRazi* also stressed on the transmission of *wabaeamraaz* (epidemics) through fomites. As we can see in current pandemic of COVID-19, social distancing and quarantine (isolation) are two most important methods being used to prevent the spread of the pandemic. These two methods are very similar to the idea of prevention of spread of *amraaz-e-wabae* (epidemic), as suggested by *ZakariyaRazi*.^[4]

Prevention of the epidemic diseases through *Asbab e sittahzarooriyah* (Six essential factors)

1. *Hawa-e-Muheet* (Atmospheric air)

Air has got first priority over all the six essential factors, without air we cannot imagine the existence of life.^[5] Hippocrates, the father of epidemiology, was the first person who described the importance of air, its quality and characteristics in respect of health and disease as well as endemics and epidemics due to air pollution.^[6] Galen postulated that certain diseases caused by pollutants tend to be carried by wind and hence, do disseminate faster; these enter human body through respiratory route.^[7] Air is an *Arkan* (element) to of our body and *Arwah* (pneuma) beside an element. Air performs the function of *Ta'adeel-e-Ruh* at the time of inspiration by exchanging the air. Simultaneously it also works as *Tanqiya-e-Ruh* at the time of expiration.^[8] For the above said purposes fresh air is necessary. Without fresh air neither health is possible nor the treatment of any disease is possible as Rhazes said; "If you are treating accurately but the surrounding air is not suitable, then your treatment is useless."^[7] *Waba* (epidemic) is believed alteration in the 'jauhar' (essence) of air. As a result, the air becomes impure and finally, it leads the mal temperament of *ruh* which become responsible for morbidity or mortality of large number of people.^[7] Unani scholars had advocated that fresh and clean air is necessary for health and many diseases occur due to change in quality of air. Ancient scholars emphasized the need of open, ventilated houses with proper ventilating system. World Health Organization has contributed to guidance on ventilation and air-conditioning systems in the context of COVID-19. According to this guideline, Ventilation is an important factor in preventing the virus that causes COVID-19 from spreading indoors and consider using natural ventilation, opening windows if possible and safe to do so.^[9]

2. *Makool-wa-Mashroob* (Foods and Drinks)

In healthy condition food is taken for the preservation of health and for aid of *tabiyat* but the aim is different in abnormal circumstances.^[10] Every individual differ in bodily conditions, temperament, age, dietary patterns and habitat etc. so there is a need to choose different food according to their requirements. Foods and drinks act upon the human body in three ways: by their quality alone, or simply by their element, or by their substance as a whole. Foods change the state of the body their quality (quality of becoming hot



or cold when it enters human body) and quantity.^[8]The foods and drinks act upon the body in three ways: by their *kaifiyat* (quality), by their *madda* (matter) and by their *surat-e-naueia* (morph) or vice versa.^[11]According to Hippocrates, one should remember three things as dietary habits; Food should not be taken until there is a need, Overeating is harmful to health, Rest is necessary after taking the food.*Jalinoos* (Galen) suggested that four conditions should be kept in mind while making eating or drinking habits: Time of the food, Type of the food, Quantity of the food, Temperament of the food.^[8]In relation to food intake, Galen says that food intake should be in accordance with the digestive ability of the stomach and taken in a limit, so that stomach can execute its function easily Ibn Sina described this in his famous treatise '*Al qanoon fit tib*'- Dietetics and Nutrition is one of the important medical subjects.^[12]Therefore, the physicians recommended the dietary regimen in healthy or in disease state which are favourable for *tabi'at*. According to Coronavirus disease (COVID-19): Food safety and nutrition guidelines of WHO, Fresh fruits and vegetables are part of a healthy diet and their consumption should be encouraged.^[13] Eating a healthy diet is very important during the COVID-19 pandemic. What we eat and drink can affect our body's ability to prevent, fight and recover from infections. While no foods or dietary supplements can prevent or cure COVID-19 infection, healthy diets are important for supporting immune systems.

3. *Harakat-wa-Sukoon-e-badaniya* (physical or bodily movement and repose)

Physical activity and rest both are necessary for optimal health and well-being while excess of both is injurious to health. So, it can be said that to sustain health, regular exercise as well as proper rest is needed. The effect of *Harkat* (Movement) results in liberation of *Hararat* (Heat), that is the basic tool of all *Quwā* (faculties) especially, *Quwātabaiyah* (vegetative faculties). Vegetative faculties perform digestion, metabolism and finally, expel the waste materials out of the body. If these waste materials are getting accumulated and not expelled out of the body regularly, it leads to increase in *Rutubat-e-Ghariba*, decrease in *Hararat-e-Ghariziyah* (Innate Heat).^[6] Avicenna said; "By proper exercise at suitable time; one can uphold health and harmony of the body". He also said "Exercise is the cause of good health if done in moderate quantity at right time".^[6] To maintain perfect health and to prevent many diseases that come from sedentary lifestyle, the body requires physical activity as well as rest. According to WHO's Be Active campaign, it's very important for people of all ages and abilities to be as active as possible.^[15]

4. *Harakat-wa-Sukoon-e-nafsaniya* (Mental or psychic movement and repose)

Avicenna was the first physician who developed the relation between psychology and medicine. *Ruh* (Pneuma) is a vehicle for mental faculties (*Quwā-e-Nafsaniyah*) by which powers of the body permeated in each organ. *Nafis* correlated *Harkat-e-Nafsaniyah* (Psychic Movements) and *Ruh* (Pneuma) and says that "in case of psychic functions, *Ruh* (Pneuma) will always mobilize, because in faculties of the body, each and every movement is impossible without mobilization of *Ruh* (Pneuma). Same is as in case of repose. Psychic movement and rest or the emotional state of a person influence the health by different ways e.g., the negative emotions make a person physically sick and positive emotions boost the immune system. World Health Organization states that, as the coronavirus pandemic rapidly sweeps across the world. In public mental health terms, the main psychological impact to date is elevated rates of stress or anxiety. But as new measures and impacts are introduced, especially quarantine and its effects on many people's usual activities, routines or livelihoods such as levels of loneliness, depression, harmful alcohol and drug use, and self-harm or suicidal behavior are also expected to rise.^[16] In any epidemic, it is common for individuals to feel stressed and worried. According to Mental Health and Psychosocial Support (MHPSS) which addresses set of guidelines for the general public for dealing with stress during the COVID-19 outbreak.^[17]

5. *Naum-wa-Yaqzah* (sleep and wakefulness)

Proper sleep and wakefulness are necessary for health because it is main source to maintain the digestion and activeness of the body. *Majusi* said that *Tabi'at* (physis) is benefitted in two ways by sleep. One is mental and physical rest and second is the digestion and concoction of *akhlaat*(humours) which prevents innate heat in the body. *Rhaze's* stated with reference of *Galen* that, Normal sleep produces good quality of humors and strengthens the vital faculty, *Ruh* (Pneuma) and promotes digestion by retaining *Hararat-e-Ghariziyah*, but excess sleep leads to increase in morbid humors. The lack of sleep disturbs the food metabolism leading to dissipation of energy, mental weakness and indigestion. Normal wakefulness improves the innate energy, sensory and motor functions. *Ibn Nafis* gives the importance of wakefulness and stated that all the voluntary functions and movements of the body occur in wakeful condition but excess awakening produces dissolution of *Ruh* (Pneuma) leads to dryness and weakness of brain and indigestion. The pandemic has led disruptions to our daily living as well as our sleep.^[6] At the molecular level, studies show that poor sleep disrupts the immune system by interfering with disease-fighting factors, including certain proteins called cytokines. That means that if you are sleep deficient, you may have more trouble coping with the lifestyles imposed by the pandemic and fighting infections. Getting good quality of sleep at right time of day improves energy levels, emotional wellness and mental health, and builds stronger immune system.^[18]

(6) *Istifragh-wa-Ihtibas* (Evacuation and retention)

Ihtebas means retention of necessary nutrients, minerals, water and electrolytes in the body, while *Istifragh* means evacuation of morbid materials to clean the body. There are two types of *Ihtebas-wa-Istifragh*: *TabayeeIhtibas* (Normal Retention) which retains



certain end products after digestion and metabolism and *GhairTabaeelhtibas* (Abnormal Retention) which retains *Fuzlat* (morbid materials). Also, *Tabi'at* gets rid of waste product by the natural means such as passage of urine, stools, sweat, menstrual blood, semen and mucus secretions etc. through proper channels, known as *IstifraghTabayee* (Normal evacuation). According to Unani concept retention and deposition of *Fuzalat* (Morbid materials) increase in *Rutubat-e-Ghariba*, which decreases *Hararat-e-Ghariziya* (innate heat) and weakens *Tabi'at*. Therefore, if retention and evacuation are balanced and take place at proper time through proper channels regularly, they are beneficial in maintaining health and well-being; otherwise, both are harmful.^[6]

Conclusion

It is evident from this review that there are many diseases including epidemic diseases which develop due to imbalances that occur in *asbabsittazarooriya* (six essential factors) and *tab'at* (Medicatrix naturae) of the body. According to World Health Organization Health is defined as the state of complete physical, mental and social well-being. Therefore, Improvement of immunity by modification of six essential factors of life promotes health preservation and prevention of the diseases. Also adopting to 'New normal healthy life style' by implementing the concept of six essential factors of life will improve public health in order to combat this COVID-19 pandemic.

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