

Time Tested Safe and Effect Oriented Drugs in Unani Medicine for Dyslipidemia-A Review

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Abstract

Siman-e-Mufrit

Waja'al-Qalb
Ziabetus Shakri

Khafaqan
Sartan

Many synthetic anti-dyslipidemia drugs like statins, fibrates, cholesterol absorption inhibitors, nicotinic acid are the

Siman-e-mufrit

Keywords: Dyslipidemia; Obesity; *Siman-e-mufrit*; Unani medicine

Introduction

Non communicable diseases (NCD) remain the leading cause of mortality worldwide [1]. An array of adverse life style changing factors such as nutritional imbalance, physical inactivity, stress, and increased consumption of alcohol and tobacco is said to be responsible for metabolic syndrome which include Dyslipidemia and obesity due to neo globalization, rampant urbanization and mechanization [2]. Dyslipidemia is a pathological condition in the plasma cholesterol triglyceride levels are increased above the normal range [3]. It is a major health problem leading to its dreadful complications such as *Waja'al-Qalb* (angina pectoris), *Khafaqan* (palpitation) *I as al Qalb* (myocardial infarction), *Siman-e-mufrit* (obesity), *Ziabetus* (diabetes), *Sartan*(cancer) etc. [4]. Overall prevalence of metabolic syndrome in south Asians varies from 20% to 32% and 11% to 41% among Indians, which pose great challenge on the economic implications and health care burden on the society [2]. Unsuccessful life style modification and pharmacological intervention with statins remains the mainstay of management. However severe adverse effects of statins result in its discontinuation posing much higher cardiovascular morbidity and mortality [5].

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(Slow movements), *Waja ul Mufasil* (Pain in joints), *Zoafe Badan*

physicians in *Amraze Qalb* (cardiovascular disease) [49]. The bark contains flavanoids, glycosides and tannins which possess unique properties of antioxidant, immunomodulator, anti-inflammatory, anti-dyslipidemic, cardiotoxic activity [50].

Triksha Methi (*Trigonella foenugreek*):

Family- Fabaceae Trikhmethi is also known as fenugreek seeds. A clinical study reported that powder of methi given orally in dyslipidemic patients at the dose of 25 and 50 gm twice a day for 20 weeks before food exerts hypolipidemic effect in hypercholesterolemia patients [90]. Alcoholic extracts of methi seeds at a dose of 200 mg/kg body weight in triton-induced and high-fat diet-induced hyperlipidemia rats shown antidyslipidemic effect [91].

Complications (Awarizat)

Many *awarizat* (complications) of *Siman-e-mufrit* (dyslipidemia) have been described by several Unani physicians in their classical literature viz Nafeesi and Akbar Arzani have categorized the complications into seven headings in their books *Sharreh Asbab* and *Tibbe Akbar* as

- *Zeeqe Tana us* (Dyspnoea)-Due to vasoconstriction and *Roooh* is not provided to all organs
- *Ghashi* and *Sakta* (Syncope and Apoplexy)-Due to *Imtilai Akhlal in dimagh and qalb* (brain and heart)
- *Jiryani-ud-dam* (Haemorrhage of vessels or in the body)
- *Khafqan, Tap, Qai* (Palpitation, fever and vomiting)
- *Aqr* (Infertility)-Both in men and women as *mani* is not formed completely (oligospermia), abortion may occur in women if they conceive
- *Falij* (Paralysis)
- *Zarb wa Ishal* - In obese person effect of drug are least, as the delivery of drug is not occur perfectly and Hence, these people more prone to *amraz muzmina* (chronic diseases) [14,92,93].

Conclusion

Non communicable diseases remain the leading cause of mortality worldwide. An array of adverse life style changing factors such as nutritional imbalance, physical inactivity, stress, and increased consumption of alcohol and tobacco is said to be responsible for metabolic syndrome which include dyslipidaemia due to neo globalization, rampant urbanization and mechanization. This dismal scenario warranted to put forward the safe, time tested and time tested

Commiphora mukul