Principles of
Healthy Living

CENTRAL COUNCIL FOR RESEARCH IN UNANI MEDICINE

Principles of Healthy Living

The human body, as mentioned in the literature of Unani System of Medicine, is governed by a natural power called *Ṭabī'at* (*Medicatrix Naturae*), which is inherited in every organism. The *Ṭabī'at* is mainly responsible for maintenance of health and its restoration when it is lost. Unani Medicine identifies certain factors that directly affect human body and play key role in health and diseases. These factors are known as *Asbāb Sitta Ḍarūriyya* (Six Essential Factors).

Asbāb Sitta Ḍarūriyya

To enjoy a healthy life, one should take care of *Asbāb Sitta Ḍarūriyya* – *Hawā'* (Air), *Ma'kūl-o-Mashrūb* (Food and Drink), *Ḥarakat-o-Sukūn Badanī* (Bodily Movement and Repose), *Ḥarakat-o-Sukūn Nafsānī* (Psychic Movement and Repose), *Nawm-o-Yaqẓa* (Sleep and Wakefulness), and *Istifrāgh-o-Iḥtibās* (Evacuation and Retention).

Hawā' (Air)

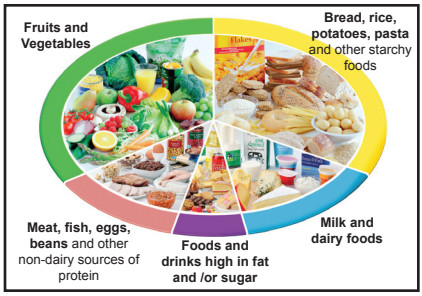
Hawā' is the most crucial factor that affects life and health. The seasons with their different qualities – *Ḥarārat* (heat), *Burūdat* (coldness), *Ruṭūbat* (wetness), *Yubūsat* (dryness) – exert influence through air.

- Advices –
  - ❖ Breathe in fresh and pollutant-fee air.
  - ❖ Avoid overcrowded, congested and less-ventilated accommodation.
  - ❖ Adopt clothing and physical activities suitable to different seasons as they have variant degrees of hot, cold, dry and wet qualities.

Ma'kūl-o-Mashrūb (Foods & Drinks)

Food is second only to Air in maintaining life and health. Foods and drinks are essential for both promotion of health and treatment of disease.

- Advices –
  - ❖ Take diet having sufficient amount of macro and micro-nutrients.
  - ❖ Take diet suitable to your age, sex, built, *Mizāj* (temperament), season and lifestyle.
  - ❖ Take high-energy diet if your routine requires heavy physical work.



- ❖ Take low-energy and easily digestible diet if you lead a sedentary lifestyle.
- ❖ Avoid overeating.
- ❖ Eat only when there is desire to eat.
- ❖ Do not delay eating when you feel hunger.
- ❖ Drink plenty of water.
- ❖ Delay drinking water for half an hour after meal and avoid it during eating until it is necessary.
- ❖ Avoid drinking chilled water/ drinks.

Ḥarakat-o-Sukūn Badanī (Bodily Movement and Repose)

Appropriate Bodily Movement and Repose are essential for maintaining health and curing diseases. Movement is necessary for evacuating waste products and Repose is essential for retaining nutrients till the completion of digestion.

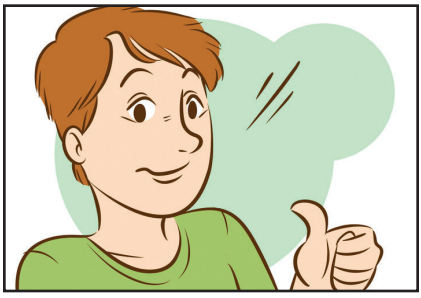
- Advices –
  - ❖ Maintain your health through suitable physical exercises to strengthen the body, improve digestion and excrete waste products outside the body.
  - ❖ Avoid sedentary lifestyle leading to diseases like obesity, hypertension, diabetes mellitus and heart diseases.

- Consider age, sex, built, *Mizāj* (temperament), occupation and season in the selection of a particular exercise.
- Take sufficient rest to rejuvenate your body and avoid fatigue and excessive physical activity.

Ḥarakat-o-Sukūn Nafsānī (Psychic Movement and Repose)

Different mental states depend on the movement and repose of *Rūh* (Pneuma). Its movement increases heat while repose increases cold. Excessive movement or repose of pneuma causes hot and cold pathologies.

- Advices –
  - Maintain good health through moderation in psychic exercises.
  - Adopt positive attitude.
  - Take sufficient rest to avoid mental fatigue.
  - Avoid excessive mental activities leading to stress, anxiety, depression, etc.



Nawm-o-Yaqẓa (Sleep and Wakefulness)

Sleep is necessary for preserving pneuma and providing replacement of wear and tear, while wakefulness is necessary for voluntary functions.

- Advices –
  - ❖ Maintain proper and sufficient sleep according to your age, *Mizāj,* season, etc.
  - ❖ Observe suitable amount of wakefulness necessary for voluntary functions.
  - ❖ Avoid excessive sleep that may cause *Burūdat* (coldness) and *Ruṭūbat* (wetness) in the body.
  - ❖ Avoid excess of wakefulness that may cause *Ḥarārat* (hotness) and *Yubūsat* (dryness) in the body.

Istifrāgh-o-Iḥtibās (Evacuation and Retention)

Evacuation is required for removal of waste products that may cause obstructions and toxicity in the body. Retention of nutrients is needed to maintain reserves of nutrients and essential substances.

- Advices –
  - ❖ Maintain balance in *Ma'kūl-o-Mashrūb, Ḥarakat-o-Sukūn Badanī, Ḥarakat-o-Sukūn Nafsānī and Nawm-o-Yaqza* to retain nutrients inside the body and excrete waste products outside the body.
  - ❖ Ensure excretion of waste products through their respective channels.

- ❖ Pay immediate attention to any abnormality in *Istifrāgh-o-Iḥtibās*.

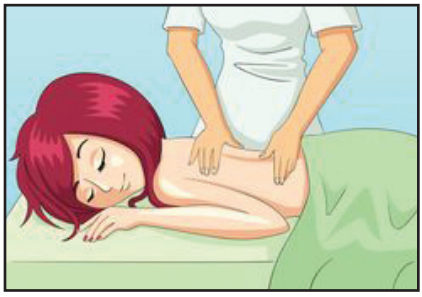
Asbāb Ghayr Ḍarūriyya

There are certain other factors that also play important role in the maintenance of health. They are known as *Asbāb Ghayr Ḍarūriyya* (Non-essential Factors). Of them, important ones are described below:

Dalk (Body Massage)

Dalk is a manipulation of superficial and deeper layers of muscles and connective tissues using various techniques.

- Advices –
  - ❖ Maintain good health through a regimen of *Dalk*.
  - ❖ Employ *Dalk* to relieve muscular pain, backache and headache, increase weight, enhance body functions and healing process, promote relaxation and well-being, and relieve psychosomatic disorders.
  - ❖ Select a particular type of *Dalk*, e.g. *Dalk Ṣulb*, *Dalk Layyin*, *Dalk Kathīr*, *Dalk Qalīl*, *Dalk Mu'tadil*, *Dalk Khashin*, *Dalk Amlas*, etc. for the management of various disorders.



Riyāḍat (Exercise)

Physical exercise is any voluntary movement of body or its part that enhances or maintains physical fitness and overall health. It plays an important role not only in maintaining good health and preventing diseases but also in curing certain ailments.

- Advices –
  - ❖ Make *Riyāḍat*, suitable to your age, sex, built, *Mizāj*, season and lifestyle, a part of daily routine. It improves musculature

of the body, strengthens joints, maintains flexibility, improves blood circulation, facilitates excretion of wastes and helps in improving digestion and metabolism.

- ❖ Select the type, quantum and intensity of *Riyāḍat* according to different objectives.

Ḥammām (Bathing/Turkish Bath)

Ḥammām is technically a place used for bathing, consisting of several rooms with specific provisions and conditions. However, this term is also used for bathing.

- Advices –
  - ❖ Take *Ḥammām* for smooth excretion of wastes, improvement in metabolism, reduction of viscosity of the humours, treatment of paralysis, obesity and muscular wasting, strengthening the body and general improvement in health.
  - ❖ Make a habit of bathing after exercise to clean the body.
  - ❖ Take bath under supervision of a specialist if it is for treatment.

For further Information, please contact
Director General
CENTRAL COUNCIL FOR RESEARCH IN UNANI MEDICINE
Ministry of AYUSH, Government of India
61-65, Institutional Area, Janakpuri, New Delhi - 110058
Telephone: +91-11-28521981, 28520501, 28525831/52/62/83/97
Fax: +91-11-28522965
Email: unanimedicine@gmail.com
Website: www.ccrum.net

First Published: June 2016 • 30,000 Copies