

# Chapter-13

## **SIMAN MUFRIT (OBESITY) IN THE UNANI MEDICAL SYSTEM: A REVIEW**

**Dr. Mohd Imlaque\***

*Assistant Professor, PSM Dept.,  
Glocal Unani Medical College, Hospital and Research Centre,  
Glocal University, Mirzapur Pole, Saharanpur, Uttar Pradesh.*

*\*Correspondence to: [imlaque@glocalunanicollege.in](mailto:imlaque@glocalunanicollege.in)*

**Dr. Rehan Safee**

*Professor, HOD & Principal of PSM Dept.,  
Glocal Unani Medical College, Hospital and Research Centre,  
Glocal University, Mirzapur Pole, Saharanpur, Uttar Pradesh.*

**Dr. Arish Mohammad Khan Sherwani**

*Professor, HOD of PSM Dept.,  
National Institute of Unani Medicine, Bangalore.*

**DOI: <https://doi.org/10.52458/9789388996983.nsp2023.eb.ch-13>**

**Ch.Id:-GU/NSP/EB/HHJTUM/2023/Ch-13**

## **ABSTRACT**

*Siman Mufrit is described as the buildup of extra body fat. The first person to recognize Siman Mufrit's problems and links to disease processes was Hippocrates (460 BC). Overweight people are those whose BMI is between 25 and 30 kg/m<sup>2</sup>, obese people are those whose BMI is between 30 and 40, and morbidly obese people are those with a BMI over 40. when there has been an accumulation of Shahm (fat) in a specific organ, sometimes referred to as a Muqami Simane Mufrat. Umoomi Simane Mufrat is the term for excessive widespread deposition of Shahm (fat) in the body.*

**Keywords:** *Siman Mufrit; Obesity; BMI; Unani Medicine*

## **1. INTRODUCTION**

Siman Mufrit is described as the buildup of extra body fat (*Mand, D et al.,2005*), (*Parray SA et al.,2012*).

The first person to recognize Siman Mufrit's problems and links to disease processes was Hippocrates (460 BC). He said it could result in infertility or perhaps sudden death. (*Williams G & Fruhbeck G 2009*), (*Majoosi AIA 2010*).

In addition to infertility and abrupt death, Rufas (98–117 AD) contributed to Hippocrates' statement by stating that it may lead to symptoms including epilepsy, dyspnea, hemiplegia, and syncope in its latter *stages*. (*Qamari AMH, 2008*)

Overweight and obesity are caused by an imbalance between calories consumed and burned. The majority of individuals in the nation are affected by them, which are the most prevalent nutritional disorders in affluent nations. They are also far more likely to cause morbidity and mortality. Overweight people are those whose BMI is between 25 and 30 kg/m<sup>2</sup>, obese people are those whose BMI is between 30 and 40, and morbidly obese people are those with a BMI *over 40*. (*Saqlain et al.,2016*), (*WHO, 2000*)

### **Classification of Siman-e-mufrat**

Simane Mufrat (obesity) is split into two halves, according to Abu Bakr Bin Zakariya *Razi*. (*Ahmer et al., 2015*) (*AMBZ Razi, 1999*)

1. Local (Muqami) or Uzvi: when there has been an accumulation of Shahm (fat) in a specific organ, sometimes referred to as a Muqami Simane Mufrat.
2. General (Umoomi): Umoomi Simane Mufrat is the term for excessive widespread deposition of Shahm (fat) in the body.

## **2. PATHOPHYSIOLOGY**

The Hararat-e Ghareezia is seriously endangered, according to the Unani scholars in Saman Muftrat, because of the growing buroodat (coldness). Due to excessive buroodat vasoconstriction in blood vessels, which results in vessel narrowing and hinders Rooh's ability to spread throughout the *body* (Azhar, M., & Anjum, N. 2021), (Majoosi A, 2010).

According to Ibn-e Nafis, sick circumstances obstruct the absorption of Akhlat, causing Laham or Shaham to cause small and hard blood vessels, which disrupt the flow of Ruh and its penetration into the *organs*. (Azhar, M., & Anjum, N. 2021,) (Nafees I).

A person's early death could be caused by this obstacle in Rooh's *path*. (Azhar et al.,2021), (Majoosi A, 2010)

### **Causes**

- Martoob-related items
- Farhat
- Rahat
- The Naghma o Suroor
- Huqoomat Iqtedar. (Nazmeen, S. A. M., & Sheeraz, M.2020) (*Rabban* Tabri)
- Alcohol
- Fatty and oily diets
- Excessive food consumption
- Inactive lifestyle
- Inadequate exercise
- Too much sleep
- A lot of *rest* (Nazmeen, S. A. M., & Sheeraz, M.2020)

**Unani Usoole Ilaj of Simne mufrit:** (Kausar, H., et al.,2015) (*Hamdani HSKH,1998*)

The fundamental principles of treatment, in accordance with unani doctors, are

- Depending on the disease state, the diet should be modified.

- Start with a single pharmacological therapy if the diet is ineffective at treating the disease.
- If single-drug therapy is unsuccessful, try compound formulations and with
- regimented treatments.

**Based on the aforementioned therapeutic guiding principles, there are four categories:**

**i. Ilaaj bil ghiza (Dietotherapy):**

- **Carica Papaya Linn:** The papaya, also known as *Carica papaya* Linn., is a member of the Caricaceae family. It is a wonderful source of fiber, a natural laxative, antioxidants, and vitamins A and C. It contains an enzyme called "Papain" that aids in the body's protein breakdown.
- **Allium Cepa Linn:** *Allium cepa* L., sometimes known as onions or Pyaz dashti, is a plant that is widely used in the food sector for its fragrant and nutritional qualities. A study found that the onion's ethyl acetate extract (EEO) had strong inhibitory effects on animal fatty acid synthesis (FAS) and that it might cause apoptosis in human breast cancer MDA-MB-231 cells that overexpressed FAS. The findings imply that EEO-induced apoptosis is caused via FAS inhibition.

**ii. Ilaaj bil dawa (Pharmacotherapy):**

- **Tinospora Cordifolia:** *Tinospora cordifolia*, also referred to as Gilo or Guduchi, is a member of the Menispermaceae family. A common ingredient in anti-diabetic and antipyretic medications is its leaf. It contains terpenoids, alkaloids, lignans, steroids, etc. as chemical components.
- **Glycerrhiza Glabra Linn:** *Glycerrhiza glabra*, Fabaceae family member, often known as liquorice; in Unani, it is called Aslussoos. For eight weeks, male wistar rats were used in an experimental study using dried powdered ethanolic extract of liquorice (*Glycerrhiza glabra*). *Thus, Licorice has anti-obesity properties, which are partially mediated by reducing the intestinal absorption of dietary fat. (Zafar Ahmad Malik & PyareLal Sharma,2011)*

**iii. Ilaaj bil tadbeer (Regimenal Therapies) (Irshad Ahmad Et al,2019):**

- **Riyazat (Exercise):** Riyazat aids in the body's burning of excess calories and aids in the elimination of Maadae-Balghamia.
- **Tareeq (Diaphoresis):** The majority of waste products are eliminated from the body by it.

- **Hammam:** Hammam uses sweating to remove unhealthy matter from the body, particularly Balghami Maada. Skin pores are opened by it. It expels as well as performs Nuzj in Mawad.

**iv. Nafsiyati ilaaj (Psychotherapy):**

According to Jalinoos, excessive thinking leads to reduction in weight. Other factors that can lower obesity include sadness, anxiety, sleeplessness, and overexcitation of the *brain*. (Ahmer et al., 2015)

### **3. CONCLUSION**

Numerous medications used in the Unani system of medicine have the ability to address obesity and its repercussions. Future research is required to determine how herbal medications affect obesity. Therefore, Unani medicine may be extremely important in preventing and managing obesity and its problems, as well as reducing the financial burden placed on society.

### **REFERENCES**

1. Mand, D., Ahmad, T., Khalid, M., Khan, M. R., Tarique, B. M., & Akmal, M. (2015). *Concept of Siman Mufrit (obesity) in Unani system of medicine: A review. Int J Herbal Med, 3, 43-46.*
2. Parray SA, Bhat J, Iqbal SMF, Ahmad G, Jahan N, Rahman M. (2012). *Concept of Obesity (Samane Mufirat) and its consequences in Greeco-Arab Medicine: A Review. International Pharmaceutical Science, 2(1):1-5.*
3. Williams G, Fruhbeck G. (2009). *Obesity Science to Practice. USA: John Wiley & Sons Ltd, 1-6.*
4. Majoosi AIA. *Kamilus Sanaa. (2010) (Urdu translation by Ghulam Hasnain Kantoori). New Delhi: Idara Kitabush Shifa, 1, 2(52-53):102-104.*
5. Qamari AMH. (2008). *Ghina Muna (Urdu translation Minhajul Ilaj). New Delhi: CCRUM, 385-86.*
6. Saqlain, M., Ali, F., Ali, K., & Parveen, A. (2016). *UNANI SYSTEM & THE CONCEPT OF OBESITY (SAMANE MUFRAT).*
7. *World Health Organization, "Obesity. Preventing and Managing the Global Epidemic, Report of a WHO Con-siltation (WHO Technical Report Series 894), WHO, 2000.*
8. Ahmer, S. M., Khan, R. M., Jamil, A. W., & Ali, F. (2015). *Obesity (Siman-E-Mufirat) in Greeco-Arabic Perspective: A Review. Hippocrates, 460, 370BC.*

8. AMBZ Razi. (1999). *Kitabul Havi*. NM Edn. New Delhi: Ministry of Health and Family Welfare, Govt. of India.
10. Azhar, M., & Anjum, N. (2021). *Concept and Management of Saman-e-Mufrat (Obesity) in Unani Medicine*. *Indian Journal of Integrative Medicine*, 8-13.
9. Majoosi A. (2010). *Kamilus Sana, Vol-I, (Urdu translation) Idara Kitab us Shifa, New Delhi*,52-53.
10. Nafees I, *Moalajate Nafeesi, Munshi Naval Kishore, Lucknow; 1324 Hijri*, 537-539.
11. Nazmeen, S. A. M., & Sheeraz, M. (2020). *Concept of Siman-E-Mufrit (Obesity) According to Eminent Unani Physicians: A Review*.
12. Rabban Tabri, *Firdausul Hikmat, Idara Kitabushifa Kucha Chelan Darya Ganj. New Delhi*.112-113.
13. 15.Kausar, H., Ahmad, K., Jahan, N., Shadab, M., Zaki, M., & Banu, L. (2015). *Dieto-Herbal Approach Of Obesity In Unani System Of Medicine-A Review*.
14. Hamdani HSKH. (1998). *Usool e tib. Qaumi council barae farog urdu zaban. New delhi*,405-409.
15. Zafar Ahmad Malik and PyareLal Sharma. (2011). *An Ethanolic extract from Licorice (Glycyrrhiza glabra Linn.) exhibits Anti-obesity effects by decreasing dietary fat absorption in a high fat diet-induced obesity in rat model. Int Journal of Pharm Sci drug*, 2(11): 3010-18.
16. Irshad Ahmad Et al. (2019). *Efficacy of Riyazat (Physical Exercise) with Hamma Bukhari (Steam Bath) in the Management of Siman-e-Mufrit (Obesity). Inter National journal of Health Science and Research*,9(8): 239247