

NUTOOL / DHARA: A CLASSICAL APPROACH FOR THE MANAGEMENT OF NEUROGENIC DISORDERS

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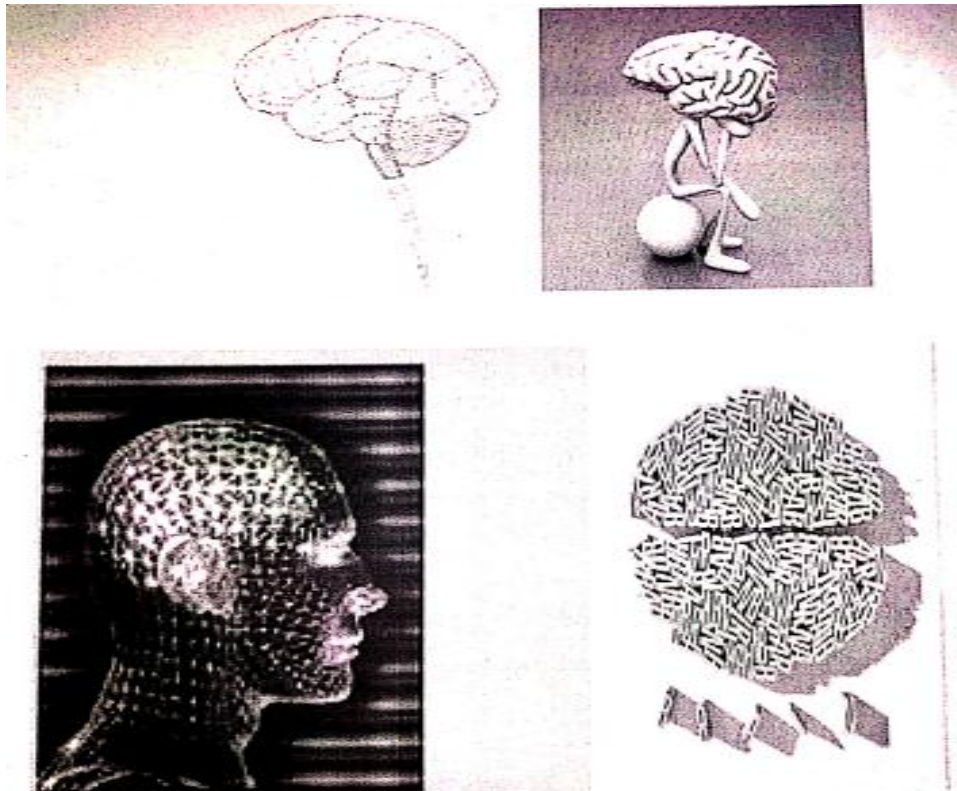
ABSTRACT

Life style disturbance play a pivotal role in the genesis of CNS disturbances like headache, facial pain, dizziness, sleep disturbances, sensory disturbances and spinal muscular atrophies etc. Allopathic drugs are costly and bear many adverse effects. So, for the manage the neurologic disorders, there is need of such alternative approaches which is cost effective and bear less adverse effects. In the Unani system of medicine, Nutool is an easy and, cost effective traditional therapy for the management of neurologic disorders. Different drug's decoction and oils are used in the therapy. Few of them are as follows:
Drugs for decoction: Sandal, Gulab, Kahoo, Khashkhash, Neelofar and Kishneez etc.

Oils for application: Roghan Laboob Saba, Roghan Sheer Bala, Olive Oil, jkoghnan Malkangani, and Roghan Kahoo etc.

Details of therapy and drugs used will be discussed in presenting paper.

IMAGES



INTRODUCTION

Personal hygiene is totally a personal individual effort. Life if led according to the principles of personal hygiene can be a metaphor for protection of health.

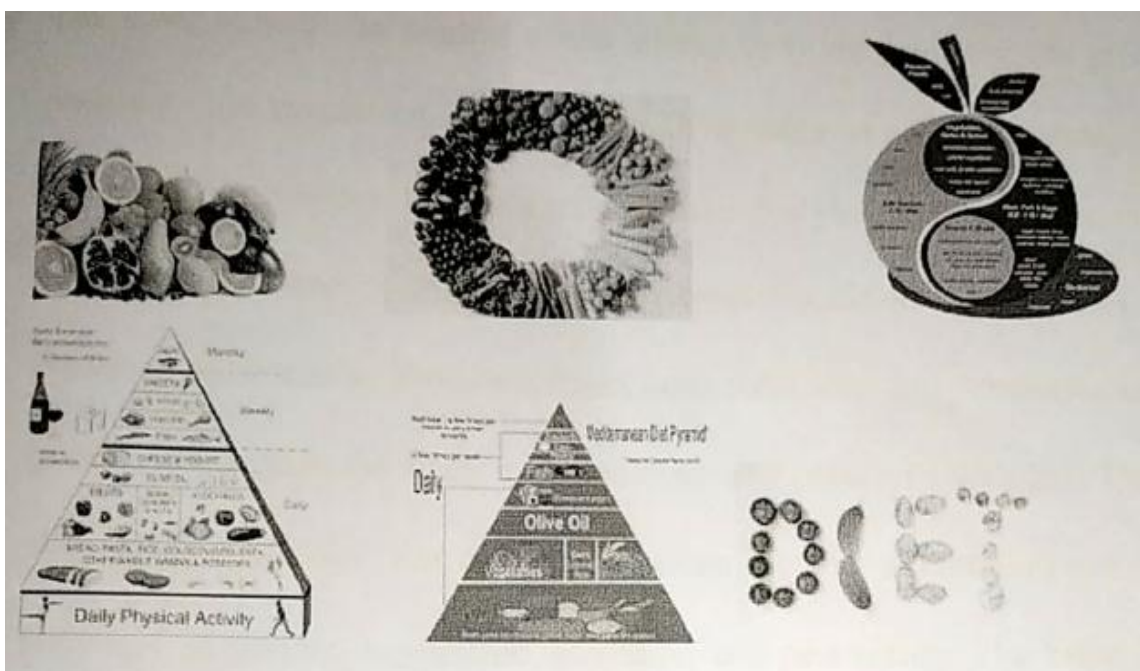
On the other hand, negligence of these rules opens floodgates for illness. Fast paced life, sedentary life style and infirmity of conviction etc. may be considered the main reasons behind the lack of observing the principles of personal hygiene.

Exercise, Sleep, Diet, bathing and housing etc. are important components of *Umoore Zindagi* / *Shakhsi Hifiane Sehat* / personal hygiene. According to Jalinoos (95

A.D.), *Sue Tadbeer* (any misbalance in preventive measures) plays immense role in causation of *Fasade Tabiyat* or illness. Therefore, in every aspect of life *Aetadale Tadabeer* (balance in preventive norms) is of great importance. The violation of norms of personal hygiene, which occurs frequently, is often the major factor for the occurrence of diseases. Because of lifestyle changes, central nervous system disorders are very common nowadays. In present study, we have evaluated the Unani philosophies regarding the association of different components of personal hygiene like exercise, sleep habits, dietary habits, bathing and house status in the genesis of Central Nervous System Disorders.

DISCUSSION

Diet



Irregularities regarding the timings of food intake engender various kinds of diseases. Taking meal at hotel may be a source of consuming contaminated food due to prevailing unhygienic conditions in hotels. The snacks are usually Ghizae Kaseef. Ingestion of food having predominant Ghizae Kaseef, visiting hotels and carelessness about timings may lead to improper digestion of food which yields production of Fuzlate Raddiya in the body. Tabiyat transfers these Fuzlat towards Uzwe Mutakhalkhal like brain which bears more Takhalkhul than any other organ. These Fuzlat get accumulated in brain and nerves and causes nervous disorders. Diet is the real factor for goodness and badness of the body. It is an old saying that, "A person is reflected by what he eats".

INTRODUCTION

The brain and spinal cord together form the central nervous system, or CNS. The CNS acts as the control

center of the body by providing its processing, memory, and regulation systems. The CNS takes in all of the conscious and subconscious sensory information from the body's sensory receptors to stay aware of the body's internal and external conditions. Using this sensory information, it makes decisions about both conscious and subconscious actions to take to maintain the body's homeostasis and ensure its survival. The CNS is also responsible for the higher functions of the nervous system such as language, creativity, expression, emotions, and personality. The brain is the seat of consciousness and determines who we are as individuals.

Nutool / Dhara

With Unani / Ayurveda becoming a hit among foreign tourists, the ancient Indian system of medicine has gone hi-tech with a new machine being developed for the popular Nutool / dhara' treatment, or the application of a continuous stream of mildly warm oil. Nutools I dharas

are external application of oils, decoctions or juices given in localized areas such as the lower spine, knee, elbow etc. They are helpful in all degenerative diseases (muscular and bone atrophies, spondylosis, sclerosis). The treatment procedure is the same as for Heart or Kidney Dhara, the difference being in the use of different herbal decoctions and oils.

Effects / Benefits in

Recommended for maladies such as insomnia, mental disorders, neurasthenia, memory loss and other mental diseases. It balances all powers of body especially Ruh (downward moving wind energy) removes Fuzlat (toxins) and softening and strengthening muscles, tendons and ligaments. The 'dhara yantram', is a pioneering attempt in the markets of herbal medicine, while such experimental attempts are yet to hit the markets elsewhere. The 'dhara' is a process by which herbal oil is allowed to flow on the forehead in a special method for about 45 minutes in a day for 7 to 21 days.

Bathing

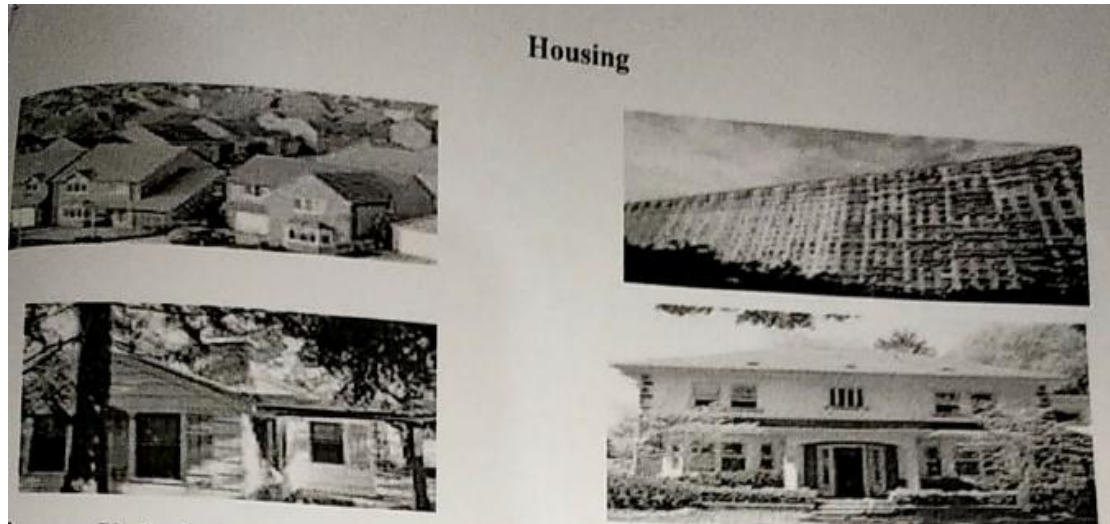


Bathing is the sole of personal cleaning. It is reemphasized here that, Majoosi said, Bathing opens the pores, softens the skin, dissolute the Riyah, accelerates the Nuzj in Akhlat and drives away Fuzlat from the body. On the other hand, the body organs are provided with Rutoobate Pakeeza. In case of improper or delayed bath, pores of the skin remain closed and skin does not become soft therefore, Riyah does not get disperse and also proper Nuzj does not occurs in the Akhlat. Therefore, due to non opening of pores, Ghair Nuzj Yafta Akhlat and Riyah remain accumulated in the body. Tabiyat considers Ghair Nuzj Yafta Akhlat as a Fuzlat because; it acts properly on Nuzj Yafta Akhlat. As

The automatic machine has two major advantages over the traditional method. In the first place, it has the possibility of regulating temperature, as and when required. The other advantage of this machine is a considerable amount of material can be saved as the mechanism progresses through a recycling process and two people can undergo the process simultaneously.

Shirodhara is a form of Ayurveda therapy that involves gently pouring liquids over the forehead and can be one of the steps involved in Panchakarma. The name comes from the Sanskrit words shiro (head) and dhara (flow). The liquids used in shirodhara depend on what is being treated, but can include oil, milk, buttermilk, coconut water, or even plain water. Shirodhara has been used to treat a variety of conditions including eye diseases, sinusitis, allergic rhinitis, greying of hair, neurological disorders, memory loss, insomnia, hearing impairment,

mentioned earlier, these Fuzlat get accumulated in brain which is an organ of Takhalkhul in consistency. Therefore, someone who is careless in bathing may be affected by nervous disorders.



Ibn-e- Hubal Baghdadi said that any captivation of air causes *Taghayyurate Ghair Tabai* and results in diseases. Overcrowding makes the air *Mukaddar wa Ghaleez*, such type of air induces *Wahshate Nafs* and excites the *Akhlat*. When *air* becomes *Mutaghayra* either in its *Kaifiyat* or *Jauhar*, it causes various maladies in the body. Overcrowding leads to restricted movement, secludes privacy, promotes unhygienic conditions and thus makes rest and sleep difficult. It is a permanent source of psychosocial stress, leading to unhappiness and very probably to psychosomatic and mental disorders.

CONCLUSION

It is evident from the review that, exercise, sleep and other personal hygiene's components are immensely related with the central nervous system. These precautions are uncomplicated, quite simple and probably quite familiar. Their violation, which occurs frequently, is often the risk factors for Central Nervous System disorders.

Things other than oils

1. Milk
2. Curd
3. Decoction of different drugs
4. Arq gulab
5. Arq qewra
6. Arq bedmushk

CONCLUSION

It is evident from the review that, Unani Nutool / Dhara therapy immensely effective in the central nervous system disorders. This therapy is uncomplicated, quite simple and probably quite familiar.